



Chex® Muddy Buddies® -- Gluten Free!



Dairy Free



Popular

READY IN



15 min.

SERVINGS



18

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 9 cups cereal rice chex® corn chex® chocolate chex® honey nut chex®
- ☐ 0.5 cup peanut butter
- ☐ 1.5 cups powdered sugar
- ☐ 1 cup semi chocolate chips
- ☐ 1 teaspoon vanilla

Equipment

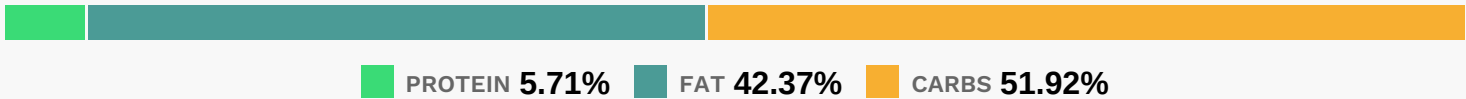
- ☐ bowl

- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Into large bowl, measure cereal; set aside.
- ☐ In 1-quart microwavable bowl, microwave chocolate chips, peanut butter and butter uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla.
- ☐ Pour mixture over cereal, stirring until evenly coated.
- ☐ Pour into 2-gallon resealable food-storage plastic bag.
- ☐ Add powdered sugar. Seal bag; shake until well coated.
- ☐ Spread on waxed paper to cool. Store in airtight container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.78, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:10.846086929674%

Nutrients (% of daily need)

Calories: 213.52kcal (10.68%), Fat: 10.29g (15.83%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 26.95g (9.8%), Sugar: 15.31g (17.01%), Cholesterol: 0.6mg (0.2%), Sodium: 170.91mg (7.43%), Alcohol: 0.08g (100%), Alcohol %: 0.22% (100%), Caffeine: 8.6mg (2.87%), Protein: 3.12g (6.23%), Manganese: 0.72mg (36.09%), Iron: 5.26mg (29.21%), Folate: 106.23µg (26.56%), Vitamin B3: 3.54mg (17.68%), Zinc: 2.32mg (15.5%), Vitamin B6: 0.29mg (14.27%), Vitamin B2: 0.24mg (13.99%), Vitamin B1: 0.2mg (13.41%), Vitamin B12: 0.78µg (12.93%), Copper: 0.19mg (9.54%), Magnesium: 33.88mg (8.47%), Vitamin A: 367.79IU (7.36%), Phosphorus: 71.01mg (7.1%), Calcium: 60.73mg (6.07%), Vitamin E: 0.86mg (5.71%), Fiber: 1.41g (5.66%), Selenium: 3.84µg (5.49%), Vitamin C: 3mg (3.64%), Potassium: 124.35mg (3.55%), Vitamin D: 0.5µg (3.33%), Vitamin B5: 0.31mg (3.07%)