



Chex® Popcorn-Pretzel Chunk

 Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



417 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 0.5 cup candy-coated milk chocolate pretzels
- 4 cups cereal vanilla chex®
- 7 ounce marshmallow crème
- 3 cups popped popcorn
- 1 cup pretzel crackers fish-shaped

Equipment

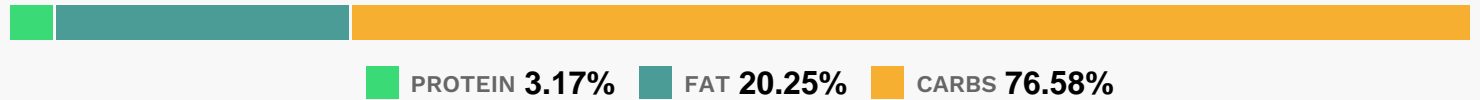
- bowl

microwave

Directions

- Spray very large microwavable bowl with cooking spray.
- Mix cereal, popcorn and pretzel crackers in bowl.
- In medium microwavable bowl, microwave marshmallow creme and butter uncovered on High about 1 minute, stirring after 30 seconds, until creme and butter are melted and can be stirred smooth.
- Stir, pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 2 to 3 minutes, stirring every minute, until mixture is glazed. Cool 5 minutes; stir in candies.
- Spread on waxed paper to cool. Break into chunks. Store covered.

Nutrition Facts



Properties

Glycemic Index:14.93, Glycemic Load:6.5, Inflammation Score:-2, Nutrition Score:2.9382609059305%

Nutrients (% of daily need)

Calories: 416.57kcal (20.83%), Fat: 5.12g (7.87%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 43.53g (14.51%), Net Carbohydrates: 42.5g (15.46%), Sugar: 29.44g (32.71%), Cholesterol: 1.56mg (0.52%), Sodium: 140.43mg (6.11%), Alcohol: 28.62g (100%), Alcohol %: 28.44% (100%), Protein: 1.8g (3.6%), Manganese: 0.3mg (15.14%), Vitamin B2: 0.11mg (6.43%), Potassium: 153.01mg (4.37%), Magnesium: 17.14mg (4.28%), Vitamin B3: 0.85mg (4.26%), Fiber: 1.03g (4.13%), Copper: 0.08mg (4.05%), Iron: 0.7mg (3.89%), Folate: 15.53µg (3.88%), Vitamin B1: 0.05mg (3.12%), Phosphorus: 27.69mg (2.77%), Vitamin A: 129.92IU (2.6%), Calcium: 24.45mg (2.44%), Zinc: 0.28mg (1.84%), Vitamin B6: 0.03mg (1.65%)