



Chex® Vanilla Chunks

 Dairy Free

READY IN



50 min.

SERVINGS



64

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 oz candy coating disks (almond bark)
- 3 cups cornflakes
- 3 cups rice chex
- 2 cups roasted peanuts salted
- 2 cups marshmallows miniature
- 2 cups pretzel twists
- 6 oz semi chocolate chips
- 3 cups wheat chex

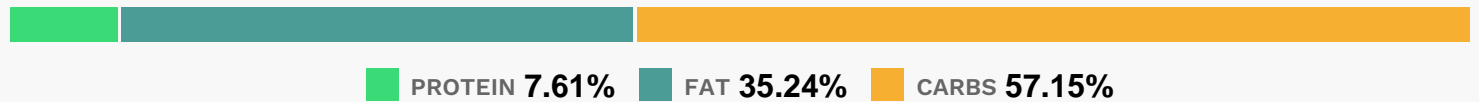
Equipment

- bowl
- microwave
- spatula

Directions

- Place chocolate chips in freezer to chill. In large bowl, mix cereals, peanuts, pretzels and marshmallows; set aside.
- In large microwavable bowl, microwave candy coating uncovered on High 1 minute 30 seconds; stir, breaking up large chunks. Microwave about 30 seconds longer or until coating can be stirred smooth.
- Gently and quickly fold cereal mixture into coating with rubber spatula, stirring gently until evenly coated. Stir in chilled chocolate chips.
- Spread on waxed paper; cool completely, about 30 minutes. Break into chunks. Store in airtight container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.24, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:9.8195651892735%

Nutrients (% of daily need)

Calories: 149.64kcal (7.48%), Fat: 6.09g (9.37%), Saturated Fat: 3.48g (21.72%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 20.09g (7.31%), Sugar: 9.64g (10.71%), Cholesterol: 0.16mg (0.05%), Sodium: 123.82mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin D: 9.53µg (63.53%), Folate: 116.61µg (29.15%), Iron: 4.53mg (25.19%), Vitamin B3: 2.42mg (12.12%), Zinc: 1.6mg (10.69%), Manganese: 0.2mg (10.13%), Vitamin B1: 0.14mg (9.64%), Vitamin B6: 0.18mg (8.92%), Vitamin B2: 0.15mg (8.83%), Fiber: 2.15g (8.6%), Vitamin B12: 0.5µg (8.25%), Phosphorus: 64.99mg (6.5%), Magnesium: 23.09mg (5.77%), Copper: 0.07mg (3.64%), Calcium: 34.95mg (3.5%), Vitamin A: 166.15IU (3.32%), Potassium: 98.21mg (2.81%), Vitamin C: 2mg (2.42%), Selenium: 1.01µg (1.44%)