



## Chocolate Chex® Caramel Corn Bars

 Dairy Free

READY IN



40 min.

SERVINGS



32

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 cups butter-flavored microwave popcorn light
- 4 cups corn flakes/bran flakes
- 1 cup pretzel sticks
- 0.5 cup brown sugar packed
- 0.5 cup plus light
- 0.3 cup butter
- 0.3 cup semi chocolate chips

### Equipment

- bowl
- frying pan
- microwave
- measuring cup

## Directions

- Butter bottom and sides of 13x9-inch pan.
- Remove and discard unpopped kernels from popped popcorn. In large bowl, mix popcorn, cereal and pretzels; set aside.
- In 2-cup microwavable measuring cup, microwave brown sugar, corn syrup and butter uncovered on High 1 to 2 minutes or until boiling, stirring after 1 minute. Microwave 30 seconds longer; stir.
- Pour over cereal mixture in bowl, stirring until evenly coated. Press firmly in pan.
- In small microwavable bowl, microwave chocolate chips uncovered on High 30 seconds to 1 minute or until chips can be stirred smooth.
- Drizzle over bars. Cool completely, about 30 minutes. For bars, cut into 8 rows by 4 rows.

## Nutrition Facts



**PROTEIN 4.07%** **FAT 30.84%** **CARBS 65.09%**

## Properties

Glycemic Index:7.47, Glycemic Load:4.55, Inflammation Score:-3, Nutrition Score:3.6513043637185%

## Nutrients (% of daily need)

Calories: 83.8kcal (4.19%), Fat: 3.04g (4.67%), Saturated Fat: 0.94g (5.84%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 13.2g (4.8%), Sugar: 8.92g (9.91%), Cholesterol: 0.08mg (0.03%), Sodium: 85.9mg (3.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Manganese: 0.23mg (11.3%), Folate: 36.78µg (9.2%), Iron: 1.62mg (9.01%), Vitamin B1: 0.08mg (5.12%), Fiber: 1.23g (4.9%), Vitamin B3: 0.96mg (4.82%), Vitamin B6: 0.09mg (4.62%), Vitamin B2: 0.08mg (4.6%), Selenium: 3µg (4.28%), Vitamin A: 212.7IU (4.25%), Vitamin B12: 0.25µg (4.25%), Magnesium: 16.31mg (4.08%), Phosphorus: 32.58mg (3.26%), Copper: 0.05mg (2.48%), Zinc: 0.36mg (2.41%), Potassium: 50.07mg (1.43%), Vitamin E: 0.17mg (1.12%), Vitamin D: 0.17µg (1.1%)