



Chocolate Chex® Caramel Corn Bars

READY IN



40 min.

SERVINGS



32

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 4 cups chocolate chocolate chex®
- ☐ 0.5 cup plus light
- ☐ 4 cups butter-flavored microwave popcorn light
- ☐ 1 cup pretzel sticks
- ☐ 0.3 cup semi chocolate chips

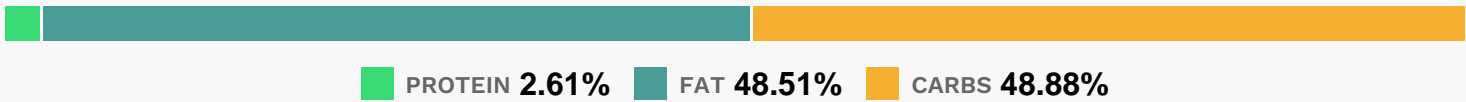
Equipment

- ☐ 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



Properties

Glycemic Index:6.54, Glycemic Load:7.42, Inflammation Score:-2, Nutrition Score:2.5373913116105%

Nutrients (% of daily need)

Calories: 178.31kcal (8.92%), Fat: 10.41g (16.02%), Saturated Fat: 5.31g (33.17%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 22.1g (8.04%), Sugar: 19.25g (21.39%), Cholesterol: 0.08mg (0.03%), Sodium: 62.4mg (2.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.65mg (5.22%), Protein: 1.26g (2.52%), Manganese: 0.16mg (7.78%), Copper: 0.15mg (7.51%), Magnesium: 29.58mg (7.39%), Fiber: 1.51g (6.06%), Iron: 0.82mg (4.58%), Phosphorus: 42.28mg (4.23%), Vitamin B2: 0.06mg (3.57%), Zinc: 0.44mg (2.93%), Potassium: 86.86mg (2.48%), Vitamin A: 87.7IU (1.75%), Vitamin K: 1.59µg (1.51%), Selenium: 0.98µg (1.41%), Vitamin B3: 0.28mg (1.38%), Vitamin E: 0.19mg (1.24%), Calcium: 11.17mg (1.12%), Vitamin B1: 0.02mg (1.08%), Folate: 4.09µg (1.02%)