



Chocolate Coffee Toffee Chex® Mix

READY IN

ready

15 min.

SERVINGS

servings

20

CALORIES

calories

467 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 cups cereal chocolate chex®
- ☐ 4 cups cereal cinnamon chex®
- ☐ 1 tablespoon coffee granules instant
- ☐ 1 cup pecan halves
- ☐ 1 cup powdered sugar
- ☐ 1 cup bite-size pretzel twists
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 cup toffee bits

☐ 1 teaspoon water hot

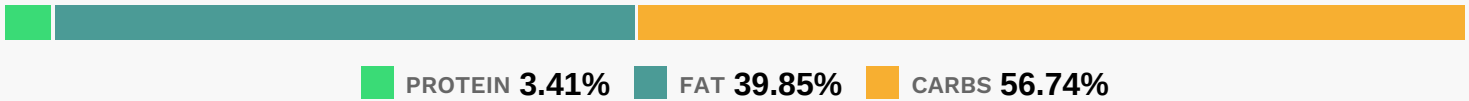
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ In large bowl, mix cereals, pretzels and pecans.
- ☐ Sprinkle toffee bits on top of the cereal mixture.
- ☐ In small microwavable bowl, stir coffee granules and water until coffee is dissolved.
- ☐ Add chocolate chips and butter. Microwave uncovered on High 1 1/2 minutes, stirring after 1 minute, until mixture is smooth.
- ☐ Pour over cereal mixture; stir until evenly coated.
- ☐ Pour into 2-gallon resealable food-storage plastic bag.
- ☐ Add powdered sugar. Seal bag; shake gently until well coated.
- ☐ Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:12.17, Inflammation Score:-6, Nutrition Score:18.975217401981%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 466.55kcal (23.33%), Fat: 23.85g (36.7%), Saturated Fat: 11.18g (69.87%), Carbohydrates: 76.42g (25.47%), Net Carbohydrates: 48.1g (17.49%), Sugar: 32.21g (35.79%), Cholesterol: 6.69mg (2.23%), Sodium: 72.55mg (3.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 38.69mg (12.9%), Protein: 4.59g (9.18%), Manganese: 8.8mg (440.19%), Fiber: 28.32g (113.27%), Calcium: 495.42mg (49.54%), Iron: 5.71mg (31.73%), Copper: 0.54mg (26.87%), Magnesium: 91.53mg (22.88%), Vitamin K: 18.02µg (17.16%), Zinc: 1.88mg (12.56%), Phosphorus: 124.87mg (12.49%), Potassium: 394.68mg (11.28%), Vitamin E: 1.46mg (9.76%), Vitamin B2: 0.13mg (7.51%), Vitamin A: 316.49IU (6.33%), Vitamin B3: 1.18mg (5.91%), Vitamin B6: 0.11mg (5.28%), Selenium: 3.6µg (5.14%), Vitamin B1: 0.06mg (4.18%), Vitamin B5: 0.28mg (2.82%), Vitamin C: 1.91mg (2.32%), Folate: 8.97µg (2.24%)