



100%
HEALTH SCORE

Chocolate Puffed Wheat Squares

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter
- 0.3 cup plus
- 3 tablespoons cocoa powder unsweetened
- 8 cups wheat chex

Equipment

- bowl
- frying pan

sauce pan

spatula

Directions

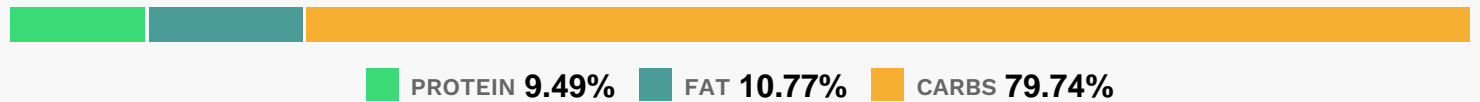
Place puffed wheat in a large bowl, and set aside. Grease one 9x9 inch pan.

Grease the rim of a medium saucepan to prevent boil-over.

Place the cocoa powder, corn syrup, brown sugar, and butter or margarine in the saucepan. Cook over medium heat, stirring often until mixture comes to a full boil. Allow to boil for 1 minute, and then remove from heat.

Pour chocolate mixture over puffed wheat, and stir until puffed wheat is evenly coated. Using a buttered spatula, press mixture into the prepared pan. Allow to cool, then cut as desired. Wrap squares individually, or store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:1.9, Glycemic Load:1.66, Inflammation Score:-10, Nutrition Score:54.257391083176%

Flavonoids

Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 755.21kcal (37.76%), Fat: 10.33g (15.9%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 172.1g (57.37%), Net Carbohydrates: 147.39g (53.6%), Sugar: 34.21g (38.01%), Cholesterol: 0mg (0%), Sodium: 1167.54mg (50.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.45mg (1.15%), Protein: 20.49g (40.98%), Vitamin D: 161.03µg (1073.54%), Folate: 1611.38µg (402.84%), Iron: 58.24mg (323.53%), Zinc: 21.29mg (141.96%), Vitamin B1: 1.52mg (101.25%), Vitamin B2: 1.72mg (101.05%), Vitamin B6: 2.02mg (100.91%), Vitamin B3: 20.18mg (100.88%), Vitamin B12: 6.05µg (100.8%), Fiber: 24.71g (98.82%), Phosphorus: 616.93mg (61.69%), Vitamin A: 2283.55IU (45.67%), Magnesium: 169.35mg (42.34%), Calcium: 412.81mg (41.28%), Vitamin C: 24.17mg (29.3%), Potassium: 718mg (20.51%), Manganese: 0.06mg (3.05%), Copper: 0.06mg (2.97%), Vitamin E: 0.24mg (1.57%)