



Chocolaty Peppermint Buddies Crunch

READY IN



140 min.

SERVINGS



48

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10.5 oz asian rice cracker snack mix chex mix® muddy buddies®
- ☐ 0.5 cup chocolate chips dark
- ☐ 0.5 cup milk chocolate chips
- ☐ 0.5 cup peppermint candies white
- ☐ 1.5 teaspoons vegetable oil

Equipment

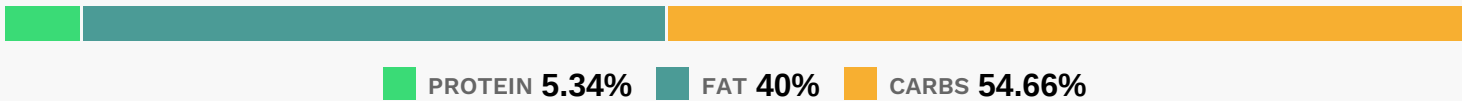
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Line 3 cookie sheets with waxed paper, foil or cooking parchment paper.
- ☐ Spread one bag of cereal in single layer onto each of the 3 cookie sheets.
- ☐ Place semisweet chips and 1/2 teaspoon of the oil in small microwavable bowl. Microwave uncovered on High 1 minute to 1 minute 10 seconds, until almost melted. Stir until smooth.
- ☐ Drizzle evenly over one sheet of the cereal.
- ☐ Place milk chocolate chips and 1/2 teaspoon of the oil in small microwavable bowl. Microwave uncovered on 70% power 1 minute to 1 minute 10 seconds, until almost melted. Stir until smooth.
- ☐ Drizzle evenly second sheet of the cereal.
- ☐ Place white vanilla baking chips and remaining oil in small microwavable bowl. Microwave uncovered on 70% power 1 minute to 1 minute 10 seconds, until almost melted. Stir until smooth.
- ☐ Drizzle evenly over remaining cereal.
- ☐ Let stand at room temperature 2 hours or until chocolate is firm. Break up. Store at room temperature in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0000000046971%

Nutrients (% of daily need)

Calories: 60.67kcal (3.03%), Fat: 2.74g (4.21%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 7.99g (2.9%), Sugar: 3.57g (3.96%), Cholesterol: 0.27mg (0.09%), Sodium: 46.7mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Manganese: 0.05mg (2.69%), Folate: 7.77µg (1.94%), Fiber: 0.43g (1.72%), Vitamin B3: 0.33mg (1.66%), Iron: 0.3mg (1.65%), Vitamin B1: 0.02mg (1.6%), Calcium:

13.82mg (1.38%), Vitamin B2: 0.02mg (1.35%), Phosphorus: 12.9mg (1.29%), Vitamin K: 1.31µg (1.25%), Zinc: 0.17mg (1.13%)