



Cleveland Touchdown Chex Mix

READY IN



20 min.

SERVINGS



18

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups corn flakes/bran flakes puffs®
- ☐ 8.8 oz asian rice cracker snack mix chex mix®
- ☐ 0.3 cup mint
- ☐ 1 cup milk chocolate chips
- ☐ 1 cup crème-filled chocolate sandwich cookies mini
- ☐ 1 cup peanut butter candy pieces red
- ☐ 1 cup peanut butter cups

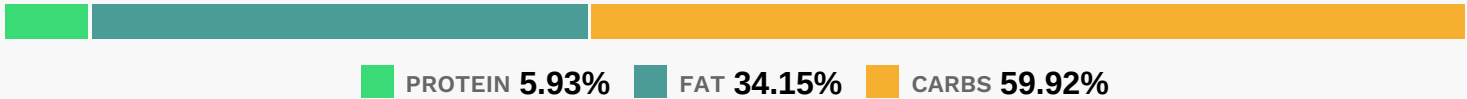
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ microwave

Directions

- ☐ Place the chocolate chips in a small microwave-safe bowl. Microwave on High for 1 minute to 1 minute 20 seconds, just until the chocolate chips melt.
- ☐ Stir the peanut butter sandwich cookies into the melted chocolate.
- ☐ Transfer to a small piece of parchment paper, sprinkle with chocolate sprinkles, let stand 1 hour or until hardened.
- ☐ In a large bowl, stir together the snack mix, peanut butter cup candies, chocolate candies, and cereal. Stir in the chocolate-covered cookies before serving.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:5.09, Inflammation Score:-3, Nutrition Score:6.6847827131657%

Nutrients (% of daily need)

Calories: 230.98kcal (11.55%), Fat: 9.02g (13.88%), Saturated Fat: 4.45g (27.79%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 33.4g (12.15%), Sugar: 19.2g (21.33%), Cholesterol: 0.61mg (0.2%), Sodium: 178.04mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Manganese: 0.45mg (22.36%), Iron: 2.99mg (16.61%), Folate: 57.68µg (14.42%), Vitamin B3: 2.34mg (11.72%), Vitamin B1: 0.14mg (9.64%), Vitamin B2: 0.15mg (8.88%), Fiber: 2.22g (8.87%), Magnesium: 31.16mg (7.79%), Phosphorus: 74.79mg (7.48%), Copper: 0.12mg (6%), Vitamin B6: 0.12mg (5.82%), Selenium: 3.86µg (5.51%), Vitamin K: 5.16µg (4.91%), Zinc: 0.65mg (4.34%), Vitamin B12: 0.25µg (4.23%), Potassium: 142.6mg (4.07%), Vitamin E: 0.49mg (3.29%), Calcium: 25.8mg (2.58%), Vitamin A: 111.82IU (2.24%), Vitamin B5: 0.2mg (1.99%)