



Cleveland Touchdown Chex Mix

READY IN



20 min.

SERVINGS



18

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

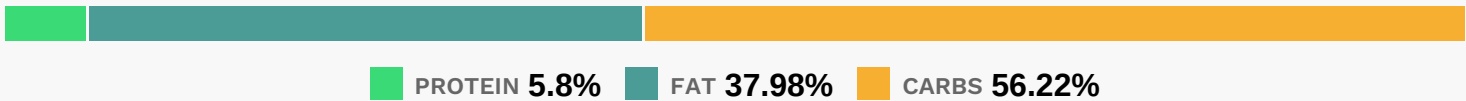
Equipment

- ☐ 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:2.89, Glycemic Load:3.09, Inflammation Score:-1, Nutrition Score:4.4604347367649%

Nutrients (% of daily need)

Calories: 242.15kcal (12.11%), Fat: 10.45g (16.08%), Saturated Fat: 4.96g (31.03%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 33.23g (12.08%), Sugar: 20.73g (23.03%), Cholesterol: 0.91mg (0.3%), Sodium: 171.89mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Manganese: 0.29mg (14.44%), Iron: 1.8mg (10.03%), Vitamin B3: 1.83mg (9.13%), Folate: 30.54µg (7.63%), Fiber: 1.58g (6.34%), Vitamin B1: 0.09mg (6.33%), Phosphorus: 62.88mg (6.29%), Magnesium: 24.08mg (6.02%), Vitamin B2: 0.09mg (5.54%), Copper: 0.11mg (5.49%), Vitamin K: 5.2µg (4.95%), Potassium: 136.06mg (3.89%), Zinc: 0.49mg (3.28%), Vitamin E: 0.47mg (3.11%), Calcium: 27.74mg (2.77%), Vitamin B6: 0.05mg (2.3%), Selenium: 1.59µg (2.28%), Vitamin B5: 0.19mg (1.91%)