



Comet's White Chocolate Crunch

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



996 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz m&m candies
- ☐ 5 cups cheerios doughnut-shaped
- ☐ 5 cups cornflakes crispy
- ☐ 3 tablespoons cooking oil
- ☐ 2 cups peanuts
- ☐ 10 oz pretzels mini
- ☐ 24 oz chocolate chips white

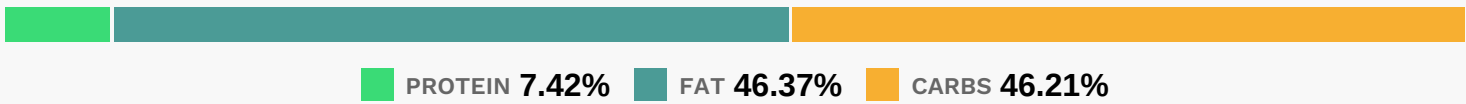
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ double boiler
- ☐ wax paper

Directions

- ☐ Combine first 5 ingredients in a very large bowl; set aside. Melt chocolate chips with oil in a double boiler; stir until smooth.
- ☐ Pour over cereal mixture; mix well.
- ☐ Spread mixture equally onto 3 wax paper-lined baking sheets; allow to cool. Break into bite-size pieces; store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:16.73, Glycemic Load:46.48, Inflammation Score:-8, Nutrition Score:27.081738845162%

Nutrients (% of daily need)

Calories: 995.9kcal (49.8%), Fat: 52.7g (81.08%), Saturated Fat: 22.6g (141.23%), Carbohydrates: 118.18g (39.39%), Net Carbohydrates: 111.56g (40.57%), Sugar: 70.94g (78.82%), Cholesterol: 21.09mg (7.03%), Sodium: 604.28mg (26.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.98g (37.97%), Manganese: 1.44mg (71.84%), Folate: 251.11µg (62.78%), Iron: 10.24mg (56.9%), Vitamin B3: 11.04mg (55.18%), Vitamin B1: 0.68mg (45.62%), Vitamin B2: 0.55mg (32.28%), Phosphorus: 321.1mg (32.11%), Vitamin B6: 0.6mg (29.96%), Vitamin B12: 1.79µg (29.86%), Calcium: 264.81mg (26.48%), Fiber: 6.62g (26.48%), Magnesium: 88.71mg (22.18%), Copper: 0.42mg (20.81%), Zinc: 2.96mg (19.76%), Potassium: 565.04mg (16.14%), Selenium: 10.19µg (14.55%), Vitamin A: 718.45IU (14.37%), Vitamin B5: 1.17mg (11.71%), Vitamin E: 1.58mg (10.54%), Vitamin K: 10.19µg (9.7%), Vitamin C: 6.39mg (7.75%), Vitamin D: 0.88µg (5.88%)