



Crunchy Peanut Butter Cereal Party Mix

 Popular

READY IN



25 min.

SERVINGS



20

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 cups golden beets
- ☐ 2 cups kellogg's® cocoa cereal
- ☐ 2 cups pretzel sticks thin ()
- ☐ 1 cup peanut butter candy pieces
- ☐ 1 cup roasted peanuts
- ☐ 10 oz chocolate white chopped
- ☐ 2 tablespoons butter
- ☐ 0.5 cup powdered sugar

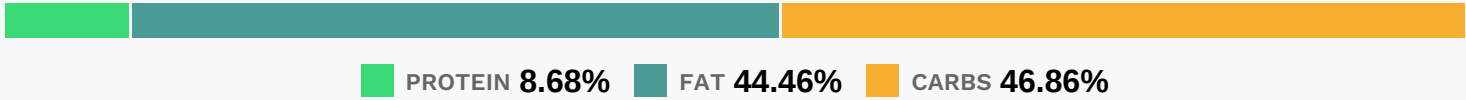
Equipment

- ☐ bowl
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ In large bowl, mix cereals, pretzels, peanut butter candies and peanuts; set aside.
- ☐ In 1-quart microwavable bowl, microwave white chocolate and butter uncovered on High about 1 minute, stirring once, until melted and chocolate can be stirred smooth.
- ☐ Pour over cereal mixture, stirring until evenly coated.
- ☐ In large resealable food-storage plastic bag, toss half of the cereal mixture with 1/4 cup of the powdered sugar until evenly coated.
- ☐ Spread on waxed paper to cool. Repeat with remaining cereal mixture and remaining 1/4 cup powdered sugar. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.45, Glycemic Load:13.39, Inflammation Score:-4, Nutrition Score:6.8934782639794%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 234.11kcal (11.71%), Fat: 11.99g (18.44%), Saturated Fat: 5.14g (32.14%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 26.3g (9.56%), Sugar: 19.6g (21.78%), Cholesterol: 2.98mg (0.99%), Sodium: 186.82mg (8.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Manganese: 0.43mg (21.58%), Folate: 68.48µg (17.12%), Vitamin B3: 2.82mg (14.09%), Phosphorus: 99.02mg (9.9%), Vitamin B2: 0.16mg (9.12%), Vitamin B1: 0.13mg (8.78%), Fiber: 2.12g (8.47%), Magnesium: 32.28mg (8.07%), Iron: 1.32mg (7.35%), Potassium: 242.26mg (6.92%), Zinc: 1.01mg (6.75%), Copper: 0.13mg (6.5%), Vitamin B6: 0.13mg (6.3%), Calcium: 61.63mg (6.16%), Vitamin B12: 0.29µg (4.88%), Vitamin B5: 0.32mg (3.21%), Vitamin C: 2.32mg (2.82%), Selenium: 1.95µg (2.78%),

Vitamin A: 129.98IU (2.6%), Vitamin E: 0.33mg (2.23%), Vitamin K: 2.13µg (2.03%)