



Dirt and Worms Chex Mix

READY IN



15 min.

SERVINGS



12

CALORIES



241 kcal

SIDE DISH

Ingredients

- 4 cups corn flakes/bran flakes
- 0.3 cup butter
- 2 tablespoons peach pie filling instant
- 8 crème-filled chocolate sandwich cookies coarsely chopped
- 2 cups pumpkin candies and gummy worms

Equipment

- bowl
- microwave

measuring cup

Directions

In large microwavable bowl, place cereal.

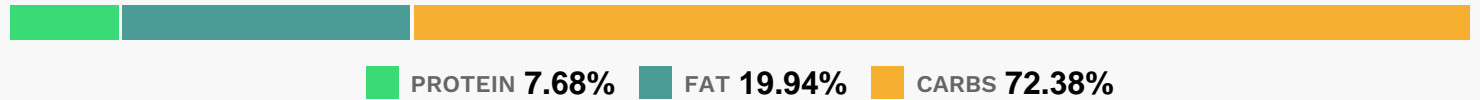
In 2-cup microwavable measuring cup, microwave butter uncovered on High 1 minute. Stir in pudding mix.

Pour over cereal, stirring until evenly coated.

Microwave uncovered on High 2 minutes. Stir in sandwich cookies and candies.

Spread on waxed paper to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:10.19, Glycemic Load:5.99, Inflammation Score:-6, Nutrition Score:8.9039130387423%

Nutrients (% of daily need)

Calories: 241.43kcal (12.07%), Fat: 5.65g (8.69%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 46.12g (15.37%), Net Carbohydrates: 43.42g (15.79%), Sugar: 22.68g (25.2%), Cholesterol: 10.17mg (3.39%), Sodium: 150.18mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.79%), Manganese: 0.53mg (26.53%), Iron: 4.71mg (26.16%), Folate: 93.96µg (23.49%), Vitamin B1: 0.19mg (12.64%), Vitamin B2: 0.21mg (12.21%), Vitamin B3: 2.44mg (12.19%), Vitamin B6: 0.23mg (11.45%), Vitamin B12: 0.67µg (11.25%), Fiber: 2.7g (10.79%), Selenium: 7.47µg (10.67%), Vitamin A: 452.27IU (9.05%), Magnesium: 34.44mg (8.61%), Phosphorus: 68.61mg (6.86%), Zinc: 0.73mg (4.87%), Copper: 0.09mg (4.74%), Vitamin D: 0.44µg (2.93%), Vitamin E: 0.41mg (2.74%), Potassium: 92.03mg (2.63%), Vitamin K: 2.72µg (2.59%), Vitamin B5: 0.15mg (1.46%)