



Dirt and Worms Chex Mix

READY IN



15 min.

SERVINGS



12

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 cups corn flakes/bran flakes
- ☐ 8 crème-filled chocolate sandwich cookies coarsely chopped
- ☐ 2 tablespoons chocolate pudding instant
- ☐ 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:8.9904347969138%

Nutrients (% of daily need)

Calories: 248.29kcal (12.41%), Fat: 5.69g (8.75%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 47.64g (15.88%), Net Carbohydrates: 44.88g (16.32%), Sugar: 24.01g (26.68%), Cholesterol: 10.17mg (3.39%), Sodium: 184.24mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Manganese: 0.54mg (26.95%), Iron: 4.73mg (26.3%), Folate: 94.03µg (23.51%), Vitamin B1: 0.19mg (12.64%), Vitamin B2: 0.21mg (12.27%), Vitamin B3: 2.44mg (12.21%), Vitamin B6: 0.23mg (11.45%), Vitamin B12: 0.67µg (11.25%), Fiber: 2.76g (11.04%), Selenium: 7.52µg (10.75%), Vitamin A: 451.68IU (9.03%), Magnesium: 35.5mg (8.87%), Phosphorus: 70.22mg (7.02%), Copper: 0.1mg (5.11%), Zinc: 0.75mg (4.97%), Vitamin D: 0.44µg (2.93%), Potassium: 96.74mg (2.76%), Vitamin E: 0.41mg (2.74%), Vitamin K: 2.75µg (2.62%), Vitamin B5: 0.15mg (1.46%)