



Dirt 'n' Worms Chex Mix

READY IN



15 min.

SERVINGS



12

CALORIES



500 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 cups chocolate chocolate chex®
- ☐ 8 crème-filled chocolate sandwich cookies coarsely chopped
- ☐ 2 tablespoons chocolate pudding instant
- ☐ 2 cups pumpkin candies and gummy worms

Equipment

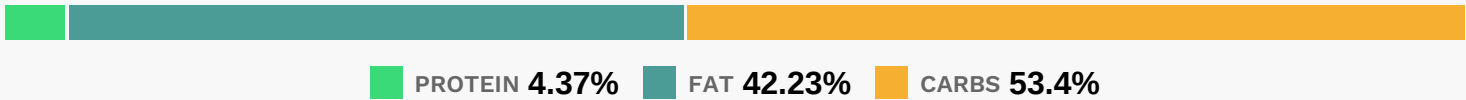
- ☐ bowl
- ☐ microwave

☐ 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:7.72, Glycemic Load:13.64, Inflammation Score:-3, Nutrition Score:6.020434724248%

Nutrients (% of daily need)

Calories: 500.3kcal (25.02%), Fat: 25.36g (39.02%), Saturated Fat: 14.62g (91.35%), Carbohydrates: 72.14g (24.05%), Net Carbohydrates: 68.61g (24.95%), Sugar: 51.56g (57.29%), Cholesterol: 10.17mg (3.39%), Sodium: 121.57mg (5.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 39.07mg (13.02%), Protein: 5.9g (11.81%), Copper: 0.37mg (18.51%), Magnesium: 70.88mg (17.72%), Manganese: 0.35mg (17.57%), Iron: 2.61mg (14.5%), Fiber: 3.53g (14.12%), Phosphorus: 96.1mg (9.61%), Vitamin B2: 0.16mg (9.53%), Zinc: 0.95mg (6.36%), Vitamin K: 6.24µg (5.94%), Potassium: 194.84mg (5.57%), Selenium: 2.16µg (3.08%), Vitamin E: 0.46mg (3.07%), Vitamin B3: 0.61mg (3.03%), Vitamin A: 118.34IU (2.37%), Vitamin B1: 0.03mg (1.86%), Calcium: 17.11mg (1.71%), Folate: 6.85µg (1.71%), Vitamin B6: 0.03mg (1.37%)