



Festive Chex Mix® Wreath

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8.8 oz asian rice cracker snack mix chex mix®
- ☐ 0.3 cup gumdrops green cut in half
- ☐ 0.3 cup gumdrops red cut in half
- ☐ 25 marshmallows

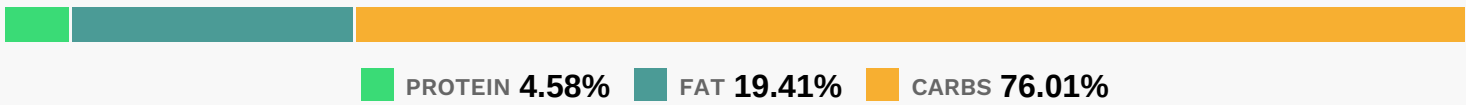
Equipment

- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Spray large cookie sheet with cooking spray. In 4-quart saucepan, melt butter over low heat.
- ☐ Add marshmallows; cook, stirring constantly, until completely melted.
- ☐ Stir in snack mix and red and green gumdrops until well mixed; pour onto cookie sheet.
- ☐ Spray sheet of waxed paper with cooking spray. With paper, sprayed side down, and hands, shape mixture into wreath shape with 4-inch hole in center. Cool completely, about 45 minutes. To serve, cut into slices.

Nutrition Facts



Properties

Glycemic Index:18.04, Glycemic Load:13.01, Inflammation Score:-1, Nutrition Score:2.845652161652%

Nutrients (% of daily need)

Calories: 181.66kcal (9.08%), Fat: 3.97g (6.11%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 33.8g (12.29%), Sugar: 14.39g (15.99%), Cholesterol: 0.83mg (0.28%), Sodium: 180.88mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Manganese: 0.17mg (8.61%), Folate: 24.77µg (6.19%), Iron: 0.97mg (5.41%), Vitamin B3: 1.05mg (5.27%), Vitamin B1: 0.07mg (4.96%), Fiber: 1.22g (4.88%), Vitamin B2: 0.07mg (3.96%), Phosphorus: 36.92mg (3.69%), Vitamin K: 3.04µg (2.89%), Magnesium: 10.98mg (2.74%), Selenium: 1.76µg (2.51%), Copper: 0.05mg (2.48%), Zinc: 0.35mg (2.34%), Vitamin B6: 0.04mg (2.04%), Vitamin E: 0.27mg (1.83%), Vitamin A: 83.46IU (1.67%), Potassium: 45.29mg (1.29%), Calcium: 11.7mg (1.17%)