

Ski Chalet Cocoa Chex Mix

READY IN



15 min.

SERVINGS



24

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 cups corn flakes/bran flakes
- 3 tablespoons butter
- 0.3 cup sugar
- 0.3 cup condensed milk sweetened (not evaporated)
- 0.3 cup cocoa powder unsweetened
- 2 cups marshmallows miniature
- 6.2 oz chocolate coarsely chopped

Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

Directions

- In large microwavable bowl, place cereal.
- In 2-cup microwavable measuring cup, microwave butter uncovered on High about 30 seconds or until melted. Stir in sugar and condensed milk. Microwave uncovered on High about 30 seconds or until hot; stir. Stir in cocoa.
- Pour over cereal, stirring until evenly coated. Microwave uncovered on High 3 to 4 minutes, stirring every minute. Stir in marshmallows while mixture is still hot, to melt slightly.
- Spread on waxed paper or foil to cool. Stir in milk chocolate candy. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:12.77, Glycemic Load:12.26, Inflammation Score:-6, Nutrition Score:9.0639130515249%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 126.99kcal (6.35%), Fat: 4.61g (7.09%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 19.71g (7.17%), Sugar: 12.48g (13.87%), Cholesterol: 1.08mg (0.36%), Sodium: 97.26mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.89mg (2.3%), Protein: 2.12g (4.25%), Manganese: 0.55mg (27.34%), Iron: 4.08mg (22.65%), Folate: 89.85µg (22.46%), Vitamin B2: 0.22mg (12.99%), Fiber: 3.18g (12.71%), Vitamin B1: 0.18mg (11.91%), Vitamin B6: 0.23mg (11.64%), Vitamin B3: 2.31mg (11.53%), Vitamin B12: 0.68µg (11.37%), Selenium: 7.89µg (11.27%), Magnesium: 44.24mg (11.06%), Phosphorus: 86.01mg (8.6%), Vitamin A: 404.44IU (8.09%), Copper: 0.15mg (7.37%), Zinc: 0.87mg (5.8%), Potassium: 118.73mg (3.39%), Vitamin D: 0.45µg (2.98%), Calcium: 18.49mg (1.85%), Vitamin B5: 0.15mg (1.49%), Vitamin E: 0.18mg (1.21%)