



Frosted Nutmeg Cookies Chex Mix

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



14

CALORIES



216 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 3 tablespoons butter
- 2 cups wheat chex wheat chex®
- 4 cups rice chex rice chex®
- 1 teaspoon nutmeg
- 1 teaspoon vanilla
- 0.5 cup vanilla frosting betty crocker®

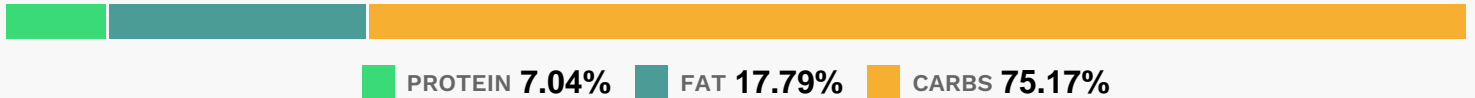
Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

Directions

- In large microwavable bowl, mix cereals.
- In 2-cup microwavable measuring cup, microwave butter uncovered on High about 30 seconds or until melted. Stir in brown sugar, vanilla and nutmeg. Microwave uncovered on High about 30 seconds or until hot; stir.
- Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 2 to 3 minutes, stirring every minute until mixture just begins to brown.
- Spread on waxed paper or foil.
- In small microwavable bowl, heat frosting uncovered on High about 15 to 20 seconds, just until melted.
- Drizzle frosting over cereal mixture. Refrigerate 15 to 20 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:8.07, Glycemic Load:2.39, Inflammation Score:-8, Nutrition Score:22.279130650603%

Nutrients (% of daily need)

Calories: 215.79kcal (10.79%), Fat: 4.64g (7.13%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 39.58g (14.39%), Sugar: 13.19g (14.66%), Cholesterol: 0mg (0%), Sodium: 300.86mg (13.08%), Alcohol: 0.1g (100%), Alcohol %: 0.22% (100%), Protein: 4.13g (8.25%), Vitamin D: 29.04µg (193.61%), Folate: 345.62µg (86.41%), Iron: 12.97mg (72.05%), Zinc: 4.86mg (32.38%), Vitamin B2: 0.45mg (26.76%), Vitamin B3: 5.05mg (25.24%), Vitamin B1: 0.38mg (25.23%), Vitamin B6: 0.5mg (25.22%), Vitamin B12: 1.51µg (25.21%), Fiber: 4.5g (17.99%), Manganese: 0.28mg (14.17%), Vitamin A: 609.77IU (12.2%), Phosphorus: 121.89mg (12.19%), Calcium: 105.13mg (10.51%), Magnesium: 31.89mg (7.97%), Vitamin C: 6.04mg (7.32%), Potassium: 146.9mg (4.2%), Selenium: 1.57µg (2.24%), Vitamin E: 0.24mg (1.62%), Vitamin B5: 0.13mg (1.26%), Copper: 0.02mg (1.18%), Vitamin K: 1.13µg (1.07%)