



Gluten-Free Chex® Brittle

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



147 kcal

Ingredients

- ☐ 8 cups rice chex
- ☐ 1 cup roasted peanuts salted
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 1 teaspoon vanilla

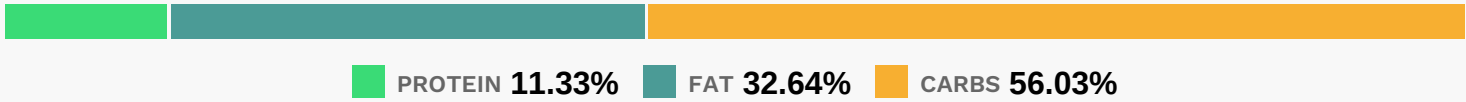
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 300F. Spray two 15x10x1-inch pans with cooking spray.
- ☐ In large bowl, mix all ingredients until evenly coated.
- ☐ Spread in pans in single layer.
- ☐ Bake 20 to 22 minutes or until light golden brown.
- ☐ Spread on waxed paper to cool, about 15 minutes. Break into pieces. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:6.59, Inflammation Score:-5, Nutrition Score:9.2156521937122%

Nutrients (% of daily need)

Calories: 147.04kcal (7.35%), Fat: 5.51g (8.48%), Saturated Fat: 1.7g (10.59%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 20.42g (7.43%), Sugar: 11.68g (12.98%), Cholesterol: 6.75mg (2.25%), Sodium: 144.2mg (6.27%), Alcohol: 0.07g (100%), Alcohol %: 0.23% (100%), Protein: 4.31g (8.61%), Manganese: 0.56mg (28.01%), Folate: 91.41µg (22.85%), Iron: 3.8mg (21.12%), Vitamin B3: 3.13mg (15.65%), Vitamin B2: 0.26mg (15.4%), Vitamin B1: 0.19mg (12.74%), Zinc: 1.83mg (12.23%), Vitamin B12: 0.69µg (11.52%), Vitamin B6: 0.23mg (11.43%), Calcium: 103.64mg (10.36%), Phosphorus: 94.45mg (9.45%), Selenium: 5.6µg (8%), Magnesium: 20.69mg (5.17%), Vitamin A: 253IU (5.06%), Potassium: 150.87mg (4.31%), Vitamin B5: 0.41mg (4.09%), Copper: 0.08mg (3.97%), Vitamin C: 2.91mg (3.53%), Fiber: 0.87g (3.46%), Vitamin D: 0.44µg (2.93%)