



## Gluten-Free Chex® Caramel Corn

 Dairy Free

READY IN



30 min.

SERVINGS



19

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 2 tablespoons plus light
- ☐ 4.5 cups rice chex
- ☐ 4 cups butter-flavored microwave popcorn
- ☐ 0.5 cup roasted peanuts
- ☐ 0.3 teaspoon vanilla

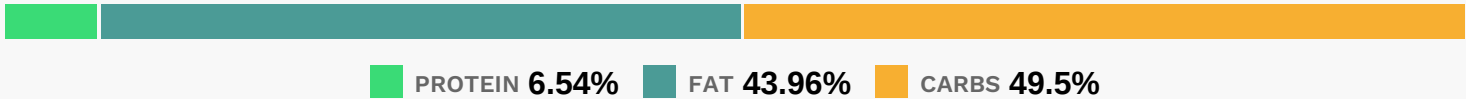
## Equipment

- ☐ bowl
- ☐ microwave

## Directions

- ☐ Remove and discard unpopped kernels from popped popcorn. In large microwavable bowl, mix cereal, popcorn and peanuts; set aside.
- ☐ In medium microwavable bowl, microwave butter, brown sugar, corn syrup and vanilla uncovered on High about 2 minutes or until mixture is boiling, stirring after 1 minute.
- ☐ Pour over cereal mixture, stirring until evenly coated.
- ☐ Microwave uncovered on High 5 to 6 minutes, stirring and scraping bowl after every minute.
- ☐ Spread on waxed paper to cool, about 15 minutes, stirring occasionally to break up. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:4.41, Glycemic Load:1.03, Inflammation Score:-4, Nutrition Score:4.9695651751498%

## Nutrients (% of daily need)

Calories: 101.53kcal (5.08%), Fat: 5.13g (7.9%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 12.3g (4.47%), Sugar: 6.05g (6.72%), Cholesterol: 0mg (0%), Sodium: 116.73mg (5.08%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 1.72g (3.44%), Manganese: 0.34mg (16.97%), Folate: 52.64µg (13.16%), Iron: 2.29mg (12.73%), Vitamin B3: 1.8mg (8.99%), Vitamin B1: 0.1mg (6.91%), Zinc: 1.03mg (6.86%), Vitamin B6: 0.14mg (6.84%), Vitamin B2: 0.11mg (6.36%), Vitamin B12: 0.36µg (6.01%), Vitamin A: 229.35IU (4.59%), Calcium: 32.44mg (3.24%), Phosphorus: 31.15mg (3.12%), Magnesium: 11.27mg (2.82%), Fiber: 0.7g (2.81%), Selenium: 1.77µg (2.53%), Copper: 0.05mg (2.43%), Vitamin C: 1.43mg (1.73%), Potassium: 58.31mg (1.67%), Vitamin B5: 0.16mg (1.59%), Vitamin D: 0.24µg (1.58%), Vitamin E: 0.18mg (1.21%)