



## Gluten-Free Chex® Cookie Pizza

 Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 cups rice chex gluten free ()
- 0.3 cup granulated sugar
- 0.3 cup brown sugar packed
- 0.3 cup peanut butter
- 0.3 cup butter softened
- 1 teaspoon vanilla
- 1 eggs beaten
- 2 cups marshmallows miniature

- 0.3 cup semisweet chocolate chips miniature
- 2 tablespoons roasted peanuts coarsely chopped
- 1 snack peppers red (any variety)

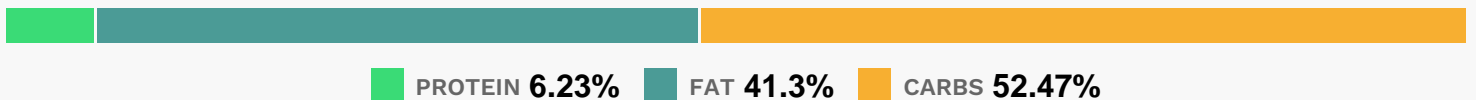
## Equipment

- bowl
- oven
- wire rack
- pizza pan
- ziploc bags
- rolling pin
- meat tenderizer

## Directions

- Heat oven to 375°F.
- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet.
- In large bowl, mix sugars, peanut butter, butter, vanilla and egg. Stir in crushed cereal.
- Spread in ungreased 12-inch pizza pan.
- Bake 12 minutes.
- Sprinkle evenly with marshmallows to within 1 inch of edge.
- Bake 5 minutes longer or until marshmallows are light golden brown.
- Sprinkle chocolate chips, peanuts and fruit snack pieces over marshmallows to look like pizza toppings. Cool completely on cooling rack.
- Cut into 16 wedges. Store tightly covered.

## Nutrition Facts



## Properties

Glycemic Index:11.04, Glycemic Load:6.13, Inflammation Score:-4, Nutrition Score:6.51391309888847%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 169.99kcal (8.5%), Fat: 8.05g (12.39%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 22.17g (8.06%), Sugar: 14.78g (16.42%), Cholesterol: 10.45mg (3.48%), Sodium: 127.22mg (5.53%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Caffeine: 3.18mg (1.06%), Protein: 2.73g (5.46%), Manganese: 0.41mg (20.29%), Iron: 2.71mg (15.04%), Folate: 58.46µg (14.61%), Vitamin B3: 2.21mg (11.06%), Zinc: 1.24mg (8.28%), Vitamin B6: 0.17mg (8.27%), Vitamin B2: 0.14mg (8.09%), Vitamin B1: 0.11mg (7.26%), Vitamin B12: 0.41µg (6.87%), Vitamin A: 323.37IU (6.47%), Copper: 0.11mg (5.27%), Magnesium: 20.93mg (5.23%), Phosphorus: 50.07mg (5.01%), Vitamin E: 0.7mg (4.68%), Vitamin C: 3.75mg (4.54%), Selenium: 2.98µg (4.26%), Calcium: 37.94mg (3.79%), Fiber: 0.84g (3.37%), Potassium: 89.5mg (2.56%), Vitamin B5: 0.24mg (2.42%), Vitamin D: 0.3µg (2.03%)