



Gluten-Free Chex™ Muddy Buddies

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



18

CALORIES



617 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 9 cups pinenuts
- 1 cup semi chocolate chips
- 0.5 cup peanut butter
- 0.3 cup butter
- 1 teaspoon vanilla extract pure
- 1.5 cups powdered sugar

Equipment

- bowl

ziploc bags

microwave

Directions

Into large bowl, measure cereal; set aside.

In 1-quart microwavable bowl, microwave chocolate chips, peanut butter and butter uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla.

Pour mixture over cereal, stirring until evenly coated.

Pour into 2-gallon resealable food-storage plastic bag.

Add powdered sugar. Seal bag; shake until well coated.

Spread on waxed paper to cool. Store in airtight container in refrigerator.

Nutrition Facts



PROTEIN 7.03% **FAT 77.26%** **CARBS 15.71%**

Properties

Glycemic Index:0.78, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:21.131739130487%

Nutrients (% of daily need)

Calories: 617.17kcal (30.86%), Fat: 56.2g (86.46%), Saturated Fat: 6.76g (42.26%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 22.08g (8.03%), Sugar: 16.65g (18.51%), Cholesterol: 0.6mg (0.2%), Sodium: 63.05mg (2.74%), Alcohol: 0.08g (100%), Alcohol %: 0.1% (100%), Caffeine: 8.6mg (2.87%), Protein: 11.5g (23%), Manganese: 6.18mg (308.99%), Copper: 1.05mg (52.34%), Magnesium: 199.26mg (49.81%), Vitamin E: 7.11mg (47.38%), Phosphorus: 439.16mg (43.92%), Vitamin K: 37.12µg (35.36%), Zinc: 4.8mg (32.01%), Iron: 4.49mg (24.97%), Vitamin B3: 4mg (20.01%), Vitamin B1: 0.26mg (17.28%), Fiber: 3.64g (14.57%), Potassium: 501.95mg (14.34%), Vitamin B2: 0.18mg (10.3%), Folate: 29.14µg (7.29%), Vitamin B6: 0.1mg (4.95%), Vitamin B5: 0.32mg (3.2%), Vitamin A: 137.35IU (2.75%), Selenium: 1.67µg (2.38%), Calcium: 21.58mg (2.16%)