



Gluten-Free Chex® School Fuel

 Dairy Free

READY IN



50 min.

SERVINGS



16

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 6 tablespoons butter
- ☐ 4 cups cornflakes
- ☐ 3 tablespoons plus light
- ☐ 4 cups rice chex
- ☐ 0.3 cup semi chocolate chips

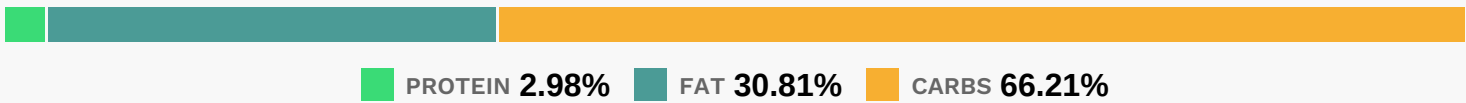
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ microwave

Directions

- ☐ Cover cookie sheet with waxed paper. In large microwavable bowl, microwave brown sugar, butter and corn syrup uncovered on High 1 to 2 minutes, stirring after 1 minute, until melted and smooth. Stir in baking soda until dissolved. Stir in cereals.
- ☐ Microwave on High 3 minutes, stirring each minute.
- ☐ Spread on cookie sheet to cool, about 10 minutes. Break into bite-size pieces.
- ☐ In microwavable bowl, microwave chocolate chips uncovered on High about 1 minute 30 seconds or until chocolate can be stirred smooth (bowl will be hot).
- ☐ Drizzle chocolate over snack. Refrigerate about 30 minutes or until chocolate is set. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:1.19, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:7.3139130913693%

Nutrients (% of daily need)

Calories: 155.2kcal (7.76%), Fat: 5.47g (8.41%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 25.85g (9.4%), Sugar: 15.41g (17.12%), Cholesterol: 0.17mg (0.06%), Sodium: 177.97mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Iron: 4.52mg (25.12%), Folate: 75.16µg (18.79%), Manganese: 0.3mg (14.86%), Vitamin B2: 0.22mg (12.81%), Vitamin B6: 0.26mg (12.79%), Vitamin B1: 0.19mg (12.77%), Vitamin B3: 2.54mg (12.69%), Vitamin B12: 0.74µg (12.29%), Vitamin A: 439.23IU (8.78%), Zinc: 1.1mg (7.36%), Calcium: 37.74mg (3.77%), Vitamin C: 2.98mg (3.61%), Copper: 0.07mg (3.57%), Vitamin D: 0.5µg (3.35%), Selenium: 2.29µg (3.28%), Magnesium: 10.83mg (2.71%), Phosphorus: 26.06mg (2.61%), Fiber: 0.59g (2.36%), Potassium: 56.36mg (1.61%), Vitamin B5: 0.14mg (1.42%), Vitamin E: 0.21mg (1.41%)