



Gluten-Free Chocolate Chex® Caramel Crunch

 Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cups corn flakes/bran flakes
- ☐ 0.8 cup brown sugar packed
- ☐ 6 tablespoons butter
- ☐ 3 tablespoons plus light
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup chocolate chips white

Equipment

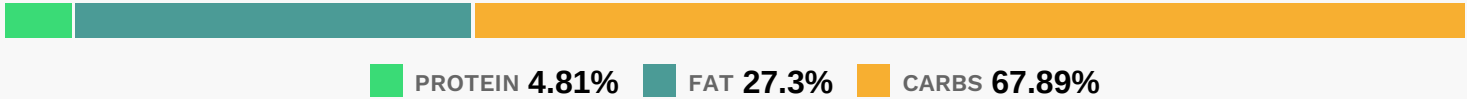
- ☐ bowl

- ☐ baking sheet
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Into large microwavable bowl, measure cereal; set aside. Line cookie sheet with waxed paper.
- ☐ In 2-cup microwavable measuring cup, 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.
- ☐ Pour over cereal, stirring until evenly coated. Microwave on High 3 minutes, stirring every minute.
- ☐ Spread on cookie sheet. Cool 10 minutes. Break into bite-size pieces.
- ☐ In small microwavable bowl, microwave vanilla baking chips uncovered on High about 1 minute 30 seconds or until chips can be stirred smooth (bowl will be hot).
- ☐ Drizzle over snack. Refrigerate until set. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:10.75, Inflammation Score:-7, Nutrition Score:12.176086862369%

Nutrients (% of daily need)

Calories: 169.37kcal (8.47%), Fat: 5.56g (8.55%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 27.43g (9.97%), Sugar: 18.55g (20.61%), Cholesterol: 0.59mg (0.2%), Sodium: 182.58mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Manganese: 0.72mg (36.02%), Folate: 133.75µg (33.44%), Iron: 5.68mg (31.56%), Vitamin B1: 0.26mg (17.65%), Vitamin B6: 0.35mg (17.31%), Vitamin B2: 0.29mg (17.05%), Vitamin B12: 1.02µg (17.02%), Vitamin B3: 3.37mg (16.87%), Selenium: 10.78µg (15.4%), Fiber: 3.67g (14.66%), Vitamin A: 688.64IU (13.77%), Magnesium: 47.26mg (11.82%), Phosphorus: 96.37mg (9.64%), Zinc: 1.04mg (6.95%), Copper: 0.11mg (5.33%), Vitamin D: 0.66µg (4.4%), Potassium: 130.61mg (3.73%), Calcium: 25.07mg (2.51%), Vitamin E: 0.34mg (2.29%), Vitamin B5: 0.21mg (2.09%)