



WHATSheATE



Gluten-Free Pink Powder Puff Crunch

READY IN



30 min.

SERVINGS



24

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 cups rice chex
- ☐ 1.5 cups semi chocolate chips
- ☐ 0.3 cup butter
- ☐ 1 teaspoon vanilla
- ☐ 1.5 cups powdered sugar
- ☐ 1 box strawberry gelatin (8-serving size)

Equipment

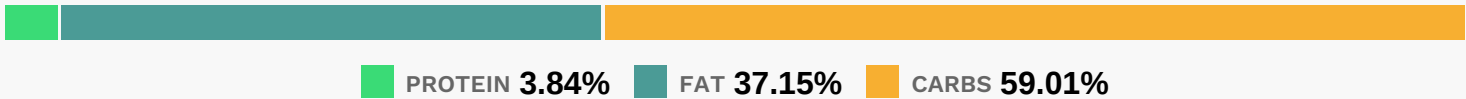
- ☐ bowl

- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Measure cereal into large bowl.
- ☐ In 1-quart microwavable bowl, microwave chocolate chips and butter uncovered on High 1 minute. Stir; microwave 15 to 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla.
- ☐ Pour over cereal, stirring until evenly coated.
- ☐ In 2-gallon large food-storage plastic bag, mix powdered sugar and gelatin.
- ☐ Add cereal mixture. Seal bag and shake until well coated.
- ☐ Spread on waxed paper; cool about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.7260868912158%

Nutrients (% of daily need)

Calories: 168.86kcal (8.44%), Fat: 7.06g (10.86%), Saturated Fat: 4.15g (25.94%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 24.12g (8.77%), Sugar: 15.35g (17.05%), Cholesterol: 7.45mg (2.48%), Sodium: 119.98mg (5.22%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Caffeine: 9.68mg (3.22%), Protein: 1.64g (3.28%), Manganese: 0.51mg (25.63%), Iron: 4.09mg (22.74%), Folate: 75.23µg (18.81%), Zinc: 1.71mg (11.4%), Vitamin B2: 0.17mg (10.1%), Vitamin B12: 0.59µg (9.86%), Vitamin B3: 1.97mg (9.85%), Vitamin B1: 0.14mg (9.64%), Vitamin B6: 0.19mg (9.57%), Copper: 0.17mg (8.58%), Magnesium: 22.99mg (5.75%), Vitamin A: 271.93IU (5.44%), Phosphorus: 50mg (5%), Selenium: 3.24µg (4.63%), Calcium: 45.39mg (4.54%), Fiber: 1.1g (4.41%), Vitamin C: 2.25mg (2.72%), Vitamin D: 0.37µg (2.5%), Potassium: 84.22mg (2.41%), Vitamin B5: 0.19mg (1.87%), Vitamin E: 0.17mg (1.17%), Vitamin K: 1.13µg (1.08%)