



Gluten-Free Valentine Chex® Mix

 Dairy Free

READY IN



25 min.

SERVINGS



22

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 cups rice chex gluten free ()
- 1 cup peppermint candies white
- 0.5 cup peanut butter
- 0.3 cup butter
- 0.8 cup powdered sugar
- 0.5 cup m&m candies white red
- 0.3 cup pink lady apples red

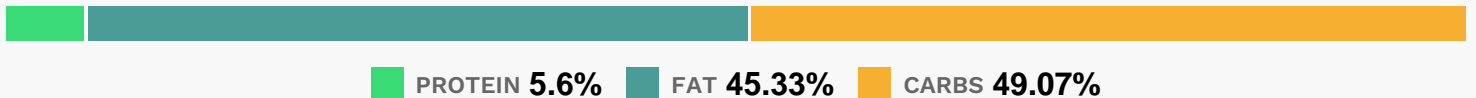
Equipment

- bowl
- aluminum foil
- ziploc bags
- microwave

Directions

- In large bowl, place cereal. In small microwavable bowl, microwave baking chips, peanut butter and butter uncovered on High 1 minute to 1 minute 30 seconds, stirring every 30 seconds, until melted and smooth.
- Pour peanut butter mixture over cereal, stirring until evenly coated.
- Place 1/2 of the cereal mixture in 1-gallon food-storage plastic bag.
- Add powdered sugar. Seal bag; shake until well coated.
- Spread on waxed paper or foil to cool, about 15 minutes.
- Meanwhile, stir candies and sprinkles into remaining cereal mixture.
- Spread on waxed paper or foil to cool, about 15 minutes.
- In serving bowl, mix both cereal mixtures. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:2.09, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:7.7952174324056%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 193.75kcal (9.69%), Fat: 10.11g (15.55%), Saturated Fat: 4.95g (30.93%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 23.95g (8.71%), Sugar: 14.71g (16.35%), Cholesterol: 0.71mg (0.24%), Sodium: 148.82mg (6.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Manganese: 0.48mg (24.1%), Folate: 86.96µg (21.74%), Iron: 3.84mg (21.34%), Vitamin B3: 2.83mg (14.13%), Vitamin B6: 0.23mg (11.56%), Zinc: 1.69mg (11.23%),

Vitamin B2: 0.19mg (11.18%), Vitamin B1: 0.16mg (10.81%), Vitamin B12: 0.62µg (10.33%), Calcium: 66.26mg (6.63%),
Vitamin A: 308.19IU (6.16%), Vitamin E: 0.66mg (4.37%), Phosphorus: 36.97mg (3.7%), Selenium: 2.43µg (3.47%),
Magnesium: 13.37mg (3.34%), Vitamin C: 2.55mg (3.09%), Vitamin D: 0.41µg (2.72%), Copper: 0.05mg (2.7%), Fiber:
0.66g (2.66%), Vitamin B5: 0.23mg (2.27%), Potassium: 56.52mg (1.61%)