



## Gluten-Free Valentine Chex® Mix

 Dairy Free

READY IN



25 min.

SERVINGS



22

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter
- 0.5 cup m&m candies white red
- 9 cups rice chex gluten free ()
- 0.3 cup sprinkles red
- 0.5 cup peanut butter
- 1 cup vanilla extract white
- 0.8 cup powdered sugar

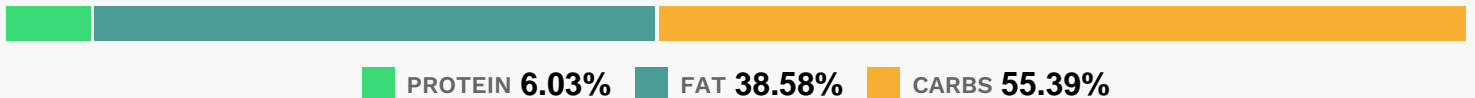
### Equipment

- 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:0.64, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:7.8486955836415%

## Nutrients (% of daily need)

Calories: 169.54kcal (8.48%), Fat: 6.49g (9.98%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 20.32g (7.39%), Sugar: 11.31g (12.56%), Cholesterol: 0.71mg (0.24%), Sodium: 142.99mg (6.22%), Alcohol: 3.25g (100%), Alcohol %: 10.41% (100%), Protein: 2.28g (4.56%), Manganese: 0.5mg (25.16%), Folate: 86.92µg (21.73%), Iron: 3.85mg (21.4%), Vitamin B3: 2.86mg (14.32%), Vitamin B2: 0.2mg (11.68%), Vitamin B6: 0.23mg (11.65%), Zinc: 1.7mg (11.3%), Vitamin B1: 0.16mg (10.86%), Vitamin B12: 0.62µg (10.33%), Vitamin A: 307.42IU (6.15%), Calcium: 51.08mg (5.11%), Vitamin E: 0.65mg (4.35%), Phosphorus: 37.39mg (3.74%), Magnesium: 14.44mg (3.61%), Selenium: 2.43µg (3.47%), Copper: 0.06mg (3.02%), Vitamin C: 2.49mg (3.01%), Vitamin D: 0.41µg (2.72%), Fiber: 0.63g (2.52%), Vitamin B5: 0.23mg (2.3%), Potassium: 68.99mg (1.97%)