



Halloween Buddies

 Dairy Free

READY IN



15 min.

SERVINGS



30

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.5 cups cornflakes
- 3 oz semi chocolate chips
- 0.3 cup peanut butter
- 2 tablespoons butter
- 0.5 teaspoon vanilla
- 0.8 cup powdered sugar
- 1 cup candy corn
- 1 cup fruit cocktail salted

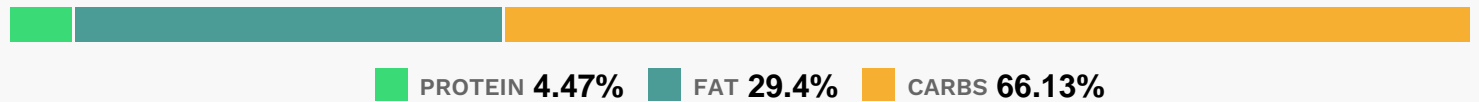
Equipment

- bowl
- ziploc bags
- microwave

Directions

- Into large bowl, measure cereal; set aside.
- In 1-quart microwavable bowl, microwave chocolate chips, peanut butter and butter uncovered on High 30 seconds; stir. Microwave about 15 seconds longer or until mixture can be stirred smooth. Stir in vanilla.
- Pour mixture over cereal, stirring until evenly coated.
- Pour into 1-gallon resealable food-storage plastic bag.
- Add powdered sugar. Seal bag; shake until well coated.
- Add candy corn and peanuts; shake to mix.
- Spread on waxed paper to cool. Store in airtight container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.3, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:2.6052173998045%

Nutrients (% of daily need)

Calories: 88.76kcal (4.44%), Fat: 2.96g (4.55%), Saturated Fat: 1g (6.27%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 14.43g (5.25%), Sugar: 10.57g (11.74%), Cholesterol: 0.17mg (0.06%), Sodium: 65.11mg (2.83%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 1.01g (2.03%), Iron: 1.46mg (8.09%), Vitamin B3: 1.09mg (5.46%), Vitamin B6: 0.09mg (4.5%), Manganese: 0.09mg (4.41%), Folate: 17.09µg (4.27%), Vitamin B2: 0.07mg (4.23%), Vitamin B1: 0.06mg (4.11%), Vitamin B12: 0.22µg (3.6%), Copper: 0.06mg (2.93%), Magnesium: 10.7mg (2.68%), Vitamin A: 126.59IU (2.53%), Fiber: 0.55g (2.2%), Phosphorus: 20.05mg (2%), Vitamin E: 0.29mg (1.91%), Vitamin C: 1.04mg (1.26%), Potassium: 42.99mg (1.23%), Zinc: 0.18mg (1.2%), Selenium: 0.73µg (1.05%), Vitamin D: 0.15µg (1.01%)