



Halloween Chex® Mix (1/2)

READY IN



40 min.

SERVINGS



9

CALORIES



158 kcal

SIDE DISH

Ingredients

- 4 oz chocolate white coarsely chopped
- 0.5 cup candy corn
- 2 cups rice chex
- 2 tablespoons cranberry-orange relish black
- 1 cup pretzel twists
- 0.3 cup raisins

Equipment

- bowl

aluminum foil

microwave

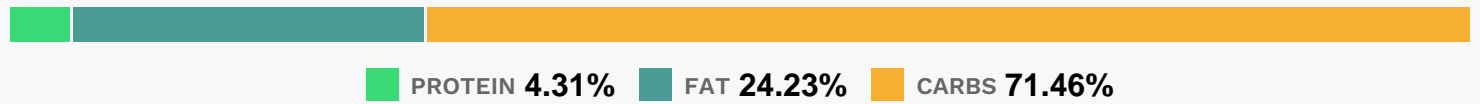
Directions

In medium microwavable bowl, microwave chopped baking bars uncovered on High 1 minute to 1 minute 30 seconds, stirring every 30 seconds, until melted and smooth.

Gently stir in cereal, pretzels and raisins until evenly coated. Stir in candy corn and decors.

Spread on waxed paper or foil until cool and chocolate is set, about 30 minutes. Break into chunks. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:10.05, Inflammation Score:-3, Nutrition Score:5.1521739130435%

Flavonoids

Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 157.6kcal (7.88%), Fat: 4.32g (6.65%), Saturated Fat: 2.5g (15.63%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 28.02g (10.19%), Sugar: 16.39g (18.21%), Cholesterol: 2.65mg (0.88%), Sodium: 145.62mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Folate: 55µg (13.75%), Manganese: 0.27mg (13.57%), Iron: 2.35mg (13.07%), Vitamin B2: 0.16mg (9.17%), Vitamin B1: 0.12mg (7.92%), Vitamin B3: 1.51mg (7.53%), Vitamin B12: 0.41µg (6.77%), Zinc: 0.99mg (6.57%), Vitamin B6: 0.13mg (6.55%), Calcium: 50.99mg (5.1%), Vitamin C: 3.46mg (4.19%), Phosphorus: 40.58mg (4.06%), Selenium: 1.99µg (2.84%), Potassium: 97.02mg (2.77%), Fiber: 0.66g (2.63%), Vitamin A: 122.29IU (2.45%), Copper: 0.04mg (2.21%), Vitamin B5: 0.19mg (1.91%), Magnesium: 6.22mg (1.55%), Vitamin D: 0.22µg (1.48%), Vitamin K: 1.34µg (1.28%), Vitamin E: 0.17mg (1.13%)