



Halloween Chex™ Mix (1/2)

READY IN



40 min.

SERVINGS



9

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 4 oz chocolate white coarsely chopped
- ☐ 2 cups rice chex
- ☐ 1 cup pretzel twists
- ☐ 0.3 cup raisins
- ☐ 0.5 cup candy corn
- ☐ 2 tablespoons m&m candies black

Equipment

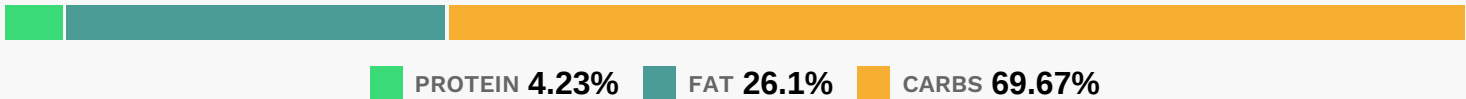
- ☐ bowl

- ☐ 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:23.53, Glycemic Load:9.92, Inflammation Score:-3, Nutrition Score:5.0291304380997%

Nutrients (% of daily need)

Calories: 172.55kcal (8.63%), Fat: 5.09g (7.82%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 29.87g (10.86%), Sugar: 18.13g (20.15%), Cholesterol: 3.14mg (1.05%), Sodium: 147.85mg (6.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Manganese: 0.27mg (13.53%), Folate: 54.01µg (13.5%), Iron: 2.39mg (13.27%), Vitamin B2: 0.15mg (9.09%), Vitamin B1: 0.12mg (7.72%), Vitamin B3: 1.5mg (7.49%), Vitamin B12: 0.41µg (6.77%), Zinc: 0.98mg (6.56%), Vitamin B6: 0.13mg (6.46%), Calcium: 53.49mg (5.35%), Phosphorus: 40.12mg (4.01%), Selenium: 1.97µg (2.82%), Fiber: 0.67g (2.67%), Potassium: 91.08mg (2.6%), Vitamin A: 122.26IU (2.45%), Copper: 0.04mg (2.13%), Vitamin C: 1.73mg (2.1%), Vitamin B5: 0.18mg (1.83%), Vitamin D: 0.22µg (1.48%), Magnesium: 5.89mg (1.47%), Vitamin K: 1.34µg (1.28%), Vitamin E: 0.16mg (1.09%)