



Hot Buttered Yum Chex® Mix

 Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups corn flakes/bran flakes
- 4 cups pinenuts
- 0.3 cup butter
- 0.3 cup brown sugar packed
- 2 tablespoons honey
- 0.8 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.3 teaspoon ground cloves

- 1 teaspoon dave's vanilla and coffee syrup
- 2 cups marshmallows miniature

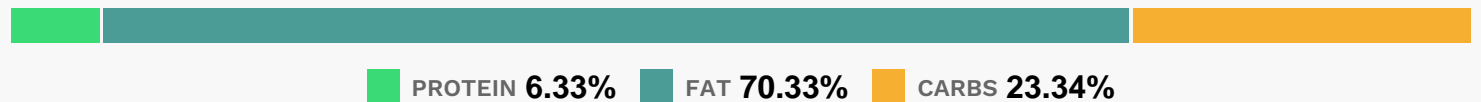
Equipment

- bowl
- microwave
- measuring cup

Directions

- In large microwavable bowl, place cereals. In 2-cup microwavable measuring cup, microwave butter, brown sugar and honey uncovered on High 2 minutes, stirring after 1 minute, until mixture is bubbly. Stir in spices and rum flavoring.
- Pour over cereal mixture, stirring until coated.
- Microwave uncovered on High 3 minutes, stirring and scraping bowl after every minute.
- Cool slightly; about 5 minutes. Stir in marshmallows.
- Spread on waxed paper. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:6.71, Inflammation Score:-6, Nutrition Score:14.283913068149%

Nutrients (% of daily need)

Calories: 311.61kcal (15.58%), Fat: 26.09g (40.13%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 17.22g (6.26%), Sugar: 11.43g (12.7%), Cholesterol: 0mg (0%), Sodium: 67.4mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Manganese: 3.19mg (159.54%), Magnesium: 97.02mg (24.26%), Copper: 0.48mg (24.01%), Vitamin E: 3.3mg (22.02%), Phosphorus: 218.31mg (21.83%), Iron: 3.33mg (18.5%), Vitamin K: 18.33µg (17.46%), Zinc: 2.44mg (16.27%), Vitamin B1: 0.19mg (12.57%), Vitamin B3: 2.33mg (11.66%), Folate: 45.07µg (11.27%), Fiber: 2.25g (8.99%), Vitamin B2: 0.15mg (8.77%), Potassium: 236.92mg (6.77%), Vitamin B6: 0.12mg (5.98%), Vitamin A: 262.05IU (5.24%), Selenium: 3.04µg (4.34%), Vitamin B12: 0.25µg (4.23%), Vitamin B5: 0.16mg (1.59%), Calcium: 13.14mg (1.31%), Vitamin D: 0.17µg (1.1%)