



Hot Buttered Yum Chex® Mix

 Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

- ☐ 2 cups marshmallows miniature
- ☐ 1 teaspoon rum

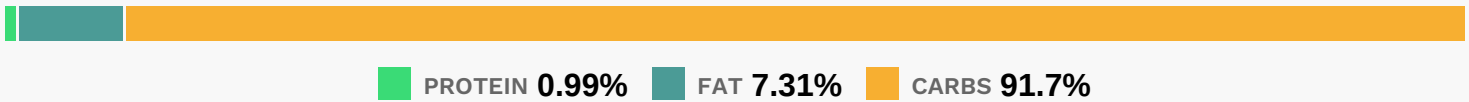
Equipment

- ☐ 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:20.46, Glycemic Load:42.87, Inflammation Score:-3, Nutrition Score:4.0413042961255%

Nutrients (% of daily need)

Calories: 341.83kcal (17.09%), Fat: 3g (4.62%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 84.63g (28.21%), Net Carbohydrates: 83.46g (30.35%), Sugar: 79.62g (88.47%), Cholesterol: 0mg (0%), Sodium: 70.01mg (3.04%), Alcohol: 0.1g (100%), Alcohol %: 0.12% (100%), Protein: 0.91g (1.83%), Manganese: 0.29mg (14.4%), Iron: 1.82mg (10.11%), Folate: 35.29µg (8.82%), Vitamin B2: 0.1mg (6.16%), Vitamin B6: 0.11mg (5.41%), Vitamin A: 252.26IU (5.05%), Selenium: 3.48µg (4.97%), Vitamin B3: 0.95mg (4.76%), Fiber: 1.17g (4.68%), Vitamin B1: 0.07mg (4.38%), Vitamin B12: 0.25µg (4.23%), Magnesium: 13.99mg (3.5%), Copper: 0.07mg (3.26%), Zinc: 0.45mg (3%), Phosphorus: 27.64mg (2.76%), Potassium: 79.41mg (2.27%), Calcium: 12.8mg (1.28%), Vitamin B5: 0.11mg (1.11%), Vitamin D: 0.17µg (1.1%), Vitamin E: 0.15mg (1.02%)