



Iced Pumpkin Chex Mix

 Very Healthy

READY IN



15 min.

SERVINGS



14

CALORIES



343 kcal

SIDE DISH

Ingredients

- 2 cups corn flakes/bran flakes
- 2 cups wheat chex
- 2 cups pinenuts
- 0.3 cup butter
- 0.3 cup brown sugar
- 0.3 cup pumpkin puree canned
- 1 tablespoon pumpkin pie spice
- 2 teaspoons vanilla

- 0.5 cup pumpkin seeds
- 1 ounce chocolate white
- 1 ounce cream cheese softened

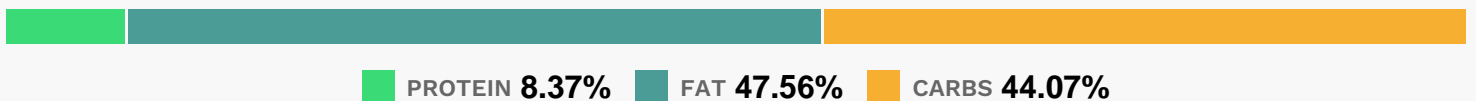
Equipment

- bowl
- baking sheet
- aluminum foil
- microwave
- measuring cup

Directions

- In large microwavable bowl, mix cereals and pumpkin seeds. Line cookie sheet with waxed paper or foil. In small bowl, mix brown sugar, pumpkin and pumpkin pie spice; set aside.
- In 2-cup microwaveable measuring cup, microwave butter on High about 30 seconds or until melted.
- Add pumpkin mixture; microwave about 30 seconds, or until hot. Stir in vanilla.
- Pour pumpkin-butter mixture over cereal and seeds, stirring until evenly coated. Microwave uncovered on High 5 minutes or until mixture begins to brown, stirring every minute.
- Spread on waxed paper to cool.
- While mix is cooling, melt white chocolate in microwave on High 30 seconds; stir in softened cream cheese.
- Drizzle over top of mix; refrigerate 5 minutes or until set.
- Place in festive Ziploc® Brand containers and bags to share with family and friends!

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:3.45, Inflammation Score:-9, Nutrition Score:30.654782502548%

Nutrients (% of daily need)

Calories: 343.04kcal (17.15%), Fat: 19.83g (30.5%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 34.93g (12.7%), Sugar: 10.71g (11.9%), Cholesterol: 2.47mg (0.82%), Sodium: 273.56mg (11.89%), Alcohol: 0.2g (100%), Alcohol %: 0.32% (100%), Protein: 7.85g (15.7%), Vitamin D: 28.94µg (192.96%), Manganese: 2.08mg (104.19%), Folate: 334.67µg (83.67%), Iron: 13.4mg (74.47%), Zinc: 5.53mg (36.85%), Vitamin B1: 0.42mg (28.28%), Phosphorus: 281.47mg (28.15%), Vitamin B3: 5.56mg (27.8%), Vitamin A: 1363.06IU (27.26%), Magnesium: 106.34mg (26.58%), Vitamin B2: 0.45mg (26.37%), Fiber: 6.4g (25.61%), Vitamin B6: 0.49mg (24.33%), Vitamin B12: 1.38µg (23.07%), Copper: 0.32mg (16.22%), Vitamin E: 2.11mg (14.07%), Vitamin K: 11.69µg (11.13%), Calcium: 93.13mg (9.31%), Potassium: 314.42mg (8.98%), Vitamin C: 4.81mg (5.83%), Selenium: 3.72µg (5.31%), Vitamin B5: 0.18mg (1.77%)