



 **100%**
HEALTH SCORE

Iced Pumpkin Chex Mix

 Very Healthy

READY IN



15 min.

SERVINGS



14

CALORIES



297 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar
- 0.3 cup butter
- 0.3 cup pumpkin puree canned
- 2 cups cinnamon cinnamon chex®
- 2 cups corn flakes/bran flakes honey nut chex®
- 2 cups wheat chex wheat chex®
- 1 ounce chocolate white
- 1 ounce cream cheese softened

- 1 tablespoon pumpkin pie spice
- 0.5 cup pumpkin seeds
- 2 teaspoons vanilla

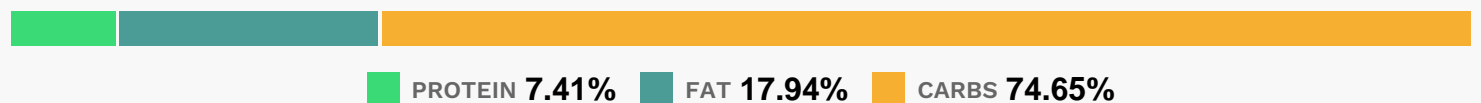
Equipment

- 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:13.16, Glycemic Load:3.91, Inflammation Score:-9, Nutrition Score:34.01130448217%

Nutrients (% of daily need)

Calories: 296.73kcal (14.84%), Fat: 7.05g (10.85%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 66.05g (22.02%), Net Carbohydrates: 42.41g (15.42%), Sugar: 10.75g (11.95%), Cholesterol: 2.47mg (0.82%), Sodium: 276.55mg (12.02%), Alcohol: 0.2g (100%), Alcohol %: 0.27% (100%), Protein: 6.56g (13.11%), Manganese: 6.29mg (314.48%), Vitamin D: 28.94µg (192.96%), Fiber: 23.64g (94.55%), Iron: 15.15mg (84.16%), Folate: 330.14µg (82.53%), Calcium: 428.71mg (42.87%), Zinc: 4.9mg (32.68%), Vitamin A: 1457.17IU (29.14%), Vitamin B6: 0.52mg (26.1%), Vitamin B3: 5.16mg (25.82%), Vitamin B2: 0.42mg (24.61%), Vitamin B1: 0.36mg (24.1%), Vitamin B12: 1.38µg (23.07%), Magnesium: 78.21mg (19.55%), Phosphorus: 192.21mg (19.22%), Vitamin K: 11.84µg (11.28%), Potassium: 344.96mg (9.86%), Copper: 0.18mg (9.22%), Vitamin E: 1.1mg (7.3%), Vitamin C: 5.94mg (7.2%), Selenium: 4.63µg (6.62%), Vitamin B5: 0.24mg (2.38%)