



Jeweled Princess Chex Mix

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 cups cornflakes
- 24 oz peppermint candies white (4 cups)
- 2 tablespoons edible gold dust

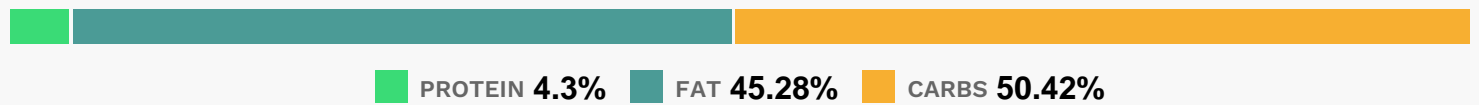
Equipment

- bowl
- baking sheet
- aluminum foil
- microwave

Directions

- Line cookie sheet with foil or waxed paper. In large bowl, place cereal.
- In medium microwavable bowl, microwave white vanilla baking chips uncovered on High about 2 minutes, stirring every 30 seconds, until chips can be stirred smooth.
- Pour over cereal in bowl; toss to evenly coat.
- Spread mixture in single layer on cookie sheet. Immediately sprinkle with edible glitter.
- Let stand until set, about 20 minutes. Gently break up mixture. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.6517391940174%

Nutrients (% of daily need)

Calories: 187.26kcal (9.36%), Fat: 9.84g (15.14%), Saturated Fat: 8.41g (52.57%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 24.34g (8.85%), Sugar: 16.99g (18.87%), Cholesterol: 0mg (0%), Sodium: 85.62mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Iron: 2.7mg (14.99%), Vitamin B3: 1.67mg (8.35%), Vitamin B6: 0.17mg (8.35%), Vitamin B2: 0.14mg (8.35%), Vitamin B1: 0.13mg (8.34%), Folate: 33.32µg (8.33%), Vitamin B12: 0.47µg (7.78%), Calcium: 42.99mg (4.3%), Vitamin A: 166.69IU (3.33%), Vitamin C: 1.96mg (2.38%), Vitamin D: 0.34µg (2.24%), Fiber: 0.31g (1.23%), Selenium: 0.77µg (1.11%)