



Kix™ on Stix

 Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups corn flakes/bran flakes
- ☐ 20 small marshmallows miniature
- ☐ 0.5 cup plus light
- ☐ 1 tablespoons m&m candies
- ☐ 0.5 cup peanut butter
- ☐ 20 pretzel sticks thin ()
- ☐ 0.5 cup sugar

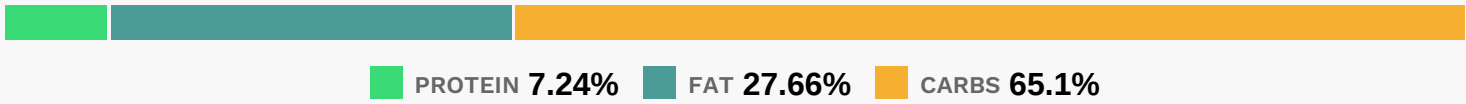
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat sugar and corn syrup to boiling over medium heat, stirring frequently.
- ☐ Remove from heat; stir in peanut butter until blended. Stir in cereal. Cool slightly, 2 to 3 minutes.
- ☐ Lightly butter hands. Shape 1 to 2 tablespoons cereal mixture into a ball around each candy. Immediately roll in candy sprinkles.
- ☐ Place pretzel stick into each cereal ball.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:8.27, Inflammation Score:-3, Nutrition Score:4.8547825633508%

Nutrients (% of daily need)

Calories: 109.53kcal (5.48%), Fat: 3.64g (5.61%), Saturated Fat: 0.78g (4.91%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 17.85g (6.49%), Sugar: 14.21g (15.79%), Cholesterol: 0.11mg (0.04%), Sodium: 73.04mg (3.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Manganese: 0.31mg (15.69%), Folate: 46.53µg (11.63%), Iron: 1.83mg (10.16%), Vitamin B3: 1.89mg (9.44%), Vitamin B6: 0.13mg (6.55%), Vitamin B1: 0.09mg (6.28%), Magnesium: 24.89mg (6.22%), Vitamin B2: 0.1mg (5.83%), Fiber: 1.45g (5.79%), Selenium: 3.54µg (5.06%), Vitamin B12: 0.3µg (5%), Phosphorus: 49.54mg (4.95%), Vitamin E: 0.64mg (4.24%), Zinc: 0.51mg (3.38%), Vitamin A: 151.66IU (3.03%), Copper: 0.06mg (2.95%), Potassium: 69.76mg (1.99%), Vitamin D: 0.2µg (1.32%), Vitamin B5: 0.12mg (1.22%)