



Kix™ on Stix

 Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

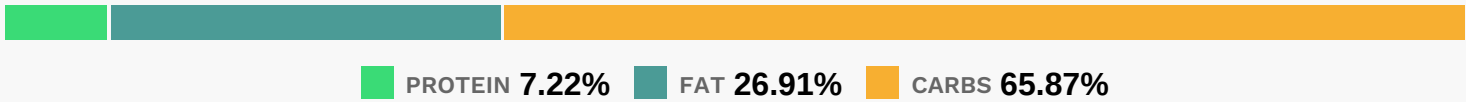
Equipment

☐ 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:4.8434782103514%

Nutrients (% of daily need)

Calories: 107.94kcal (5.4%), Fat: 3.5g (5.38%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 17.83g (6.49%), Sugar: 14.2g (15.78%), Cholesterol: 0mg (0%), Sodium: 72.54mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Manganese: 0.31mg (15.69%), Folate: 46.53µg (11.63%), Iron: 1.82mg (10.11%), 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: 1.43g (5.71%), 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: 150IU (3%), Copper: 0.06mg (2.95%), Potassium: 69.76mg (1.99%), Vitamin D: 0.2µg (1.32%), Vitamin B5: 0.12mg (1.22%)