



Licorice Lovers Chex Mix

READY IN



10 min.

SERVINGS



24

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 oz bread
- ☐ 0.3 cup butter
- ☐ 1 teaspoon coarse salt (kosher or sea)
- ☐ 2 cups graham cracker squares
- ☐ 2 cups roasted peanuts
- ☐ 0.5 inch licorice rounds black
- ☐ 0.5 inch licorice rounds red

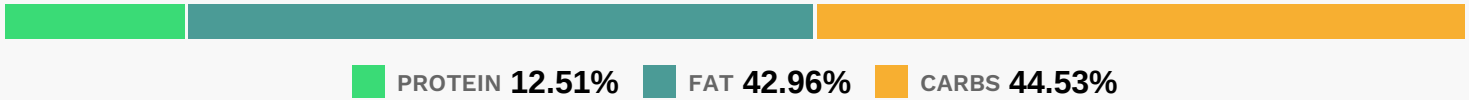
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, place cereal.
- ☐ In 1-cup microwavable measuring cup, microwave butter uncovered on High about 30 seconds or until melted.
- ☐ Pour over cereal, stirring until evenly coated.
- ☐ Sprinkle salt over cereal. Microwave uncovered on High 3 to 4 minutes, stirring every minute.
- ☐ Stir in remaining ingredients.
- ☐ Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:8.07, Glycemic Load:14.9, Inflammation Score:-3, Nutrition Score:6.7426086667439%

Nutrients (% of daily need)

Calories: 213.35kcal (10.67%), Fat: 10.44g (16.07%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 21.61g (7.86%), Sugar: 5.31g (5.9%), Cholesterol: 5.08mg (1.69%), Sodium: 369.62mg (16.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.69%), Manganese: 0.64mg (31.99%), Vitamin B3: 3.3mg (16.48%), Phosphorus: 122.54mg (12.25%), Magnesium: 44.86mg (11.21%), Fiber: 2.75g (10.98%), Vitamin B1: 0.15mg (9.89%), Iron: 1.52mg (8.42%), Folate: 31.42µg (7.85%), Selenium: 5.2µg (7.43%), Copper: 0.12mg (6.19%), Zinc: 0.92mg (6.13%), Calcium: 55.33mg (5.53%), Vitamin B2: 0.09mg (5.05%), Potassium: 171.24mg (4.89%), Vitamin B6: 0.09mg (4.33%), Vitamin B5: 0.29mg (2.85%), Vitamin K: 1.46µg (1.39%), Vitamin A: 59.59IU (1.19%)