



Licorice Lovers Chex Mix

READY IN



10 min.

SERVINGS



24

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz all-bran cereal
- 0.5 inch licorice rounds black
- 0.5 inch reese's pieces peanut butter pastel eggs red
- 0.3 cup butter
- 1 teaspoon coarse salt (kosher or sea)
- 2 cups roasted peanuts
- 2 cups pretzels

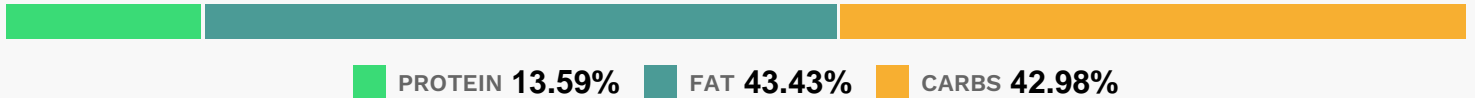
Equipment

- 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:9.57, Glycemic Load:7.59, Inflammation Score:-8, Nutrition Score:23.186086882716%

Nutrients (% of daily need)

Calories: 156.27kcal (7.81%), Fat: 8.9g (13.7%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 13.67g (4.97%), Sugar: 2.79g (3.1%), Cholesterol: 5.08mg (1.69%), Sodium: 290.46mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin B6: 2.02mg (101.03%), Manganese: 1.58mg (78.75%), Folate: 244.13µg (61.03%), Vitamin B12: 3.11µg (51.88%), Vitamin B1: 0.44mg (29.5%), Vitamin B2: 0.48mg (28.33%), Phosphorus: 246.47mg (24.65%), Fiber: 6.16g (24.63%), Vitamin B3: 4.62mg (23.1%), Magnesium: 82.33mg (20.58%), Iron: 3.49mg (19.42%), Zinc: 2.37mg (15.78%), Copper: 0.26mg (13.16%), Potassium: 278.74mg (7.96%), Calcium: 78.96mg (7.9%), Vitamin A: 348IU (6.96%), Vitamin D: 0.71µg (4.74%), Vitamin C: 3.45mg (4.18%), Selenium: 2.78µg (3.98%), Vitamin B5: 0.37mg (3.7%), Vitamin E: 0.28mg (1.89%), Vitamin K: 1.22µg (1.16%)