



Mexican Hot Chocolate Chex® Party Mix

READY IN



15 min.

SERVINGS



16

CALORIES



205 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 cups corn flakes/bran flakes
- ☐ 2 cups corn flakes/bran flakes
- ☐ 2 cups corn flakes/bran flakes
- ☐ 1 cup coconut flakes flaked
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 cups marshmallows mini
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup condensed milk sweetened

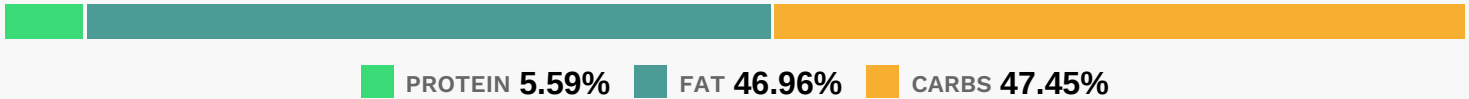
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwaveable bowl, measure cereal. Set aside
- ☐ In 2-cup microwavable measuring cup, heat butter and chocolate chips on High 1 minute or until almost melted; stir and microwave another 30 seconds or until mixture can be stirred smooth; stir in condensed milk, heat 30 seconds or until boiling; stir in cinnamon.
- ☐ Pour over cereal mixture, stirring until evenly coated.
- ☐ Microwave on High about 3 minutes, stirring every minute, until mixture is glazed. Stir in coconut and marshmallows.
- ☐ Pour onto waxed-paper lined pan to cool.

Nutrition Facts



Properties

Glycemic Index:21.45, Glycemic Load:10.63, Inflammation Score:-7, Nutrition Score:11.952608782312%

Nutrients (% of daily need)

Calories: 205.46kcal (10.27%), Fat: 11.34g (17.44%), Saturated Fat: 6.44g (40.23%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 21.19g (7.71%), Sugar: 12.61g (14.02%), Cholesterol: 2.3mg (0.77%), Sodium: 127.37mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 3.04g (6.08%), Manganese: 0.85mg (42.63%), Iron: 5.12mg (28.43%), Folate: 101.14µg (25.29%), Fiber: 4.58g (18.33%), Selenium: 10.59µg (15.13%), Magnesium: 60.45mg (15.11%), Vitamin B2: 0.24mg (14.24%), Vitamin B6: 0.28mg (13.89%), Vitamin B1: 0.21mg (13.77%), Vitamin B12: 0.79µg (13.25%), Vitamin B3: 2.65mg (13.24%), Copper: 0.26mg (13.17%), Phosphorus: 120.91mg (12.09%), Vitamin A: 520.63IU (10.41%), Zinc: 1.2mg (8.03%), Potassium: 192.59mg (5.5%), Vitamin D: 0.5µg (3.36%), Calcium: 30.99mg (3.1%), Vitamin B5: 0.25mg (2.46%), Vitamin E: 0.33mg (2.17%), Vitamin K: 1.1µg (1.05%)