



Mexican Hot Chocolate Chex® Party Mix

 Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



340 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 cups chocolate chocolate chex®
- ☐ 2 cups cinnamon cinnamon chex®
- ☐ 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

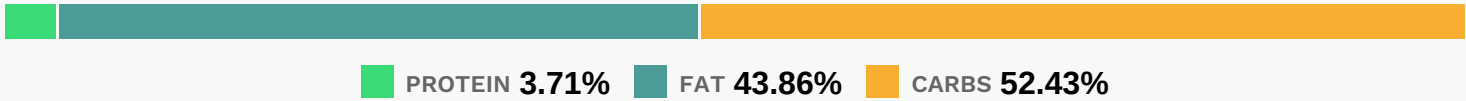
Equipment

- ☐ 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:10.88, Glycemic Load:9.41, Inflammation Score:-4, Nutrition Score:14.945217331952%

Nutrients (% of daily need)

Calories: 340.22kcal (17.01%), Fat: 18.87g (29.03%), Saturated Fat: 10.87g (67.94%), Carbohydrates: 50.74g (16.91%), Net Carbohydrates: 32g (11.64%), Sugar: 21.73g (24.14%), Cholesterol: 2.3mg (0.77%), Sodium: 52.83mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.11mg (8.04%), Protein: 3.59g (7.17%), Manganese: 5.59mg (279.54%), Fiber: 18.74g (74.97%), Calcium: 325.97mg (32.6%), Iron: 3.98mg (22.12%), Copper: 0.41mg (20.71%), Magnesium: 68.56mg (17.14%), Vitamin K: 11.5µg (10.95%), Phosphorus: 104.64mg (10.46%), Zinc: 1.32mg (8.82%), Potassium: 303.53mg (8.67%), Vitamin E: 0.95mg (6.35%), Selenium: 4.25µg (6.07%), Vitamin B2: 0.1mg (5.69%), Vitamin A: 232.87IU (4.66%), Vitamin B6: 0.08mg (3.95%), Vitamin B3: 0.68mg (3.41%), Vitamin B5: 0.24mg (2.37%), Vitamin C: 1.34mg (1.62%), Vitamin B1: 0.02mg (1.49%)