



Minion Munch Chex® Party Mix

 Dairy Free

READY IN



15 min.

SERVINGS



17

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups pinenuts
- 2 cups corn flakes/bran flakes
- 2 cups corn flakes/bran flakes banana nut cheerios®
- 1 cup roasted peanuts
- 0.3 cup butter
- 0.3 cup brown sugar packed
- 0.3 cup peanut butter
- 1 cup banana chips

0.5 cup m&m candies

Equipment

bowl

microwave

measuring cup

Directions

In large microwaveable bowl, measure cereals and peanuts.

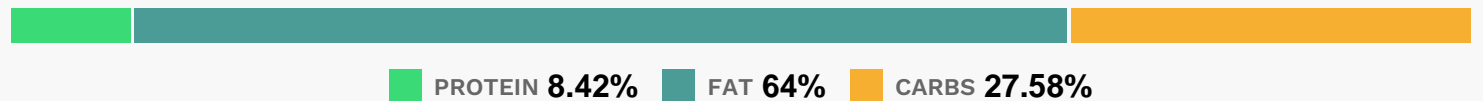
In 2-cup microwavable measuring cup, microwave butter until melted, about 30 seconds. Stir in brown sugar and peanut butter; microwave 30 seconds longer or until mixture is boiling.

Pour over cereal mixture, stirring until evenly coated

Microwave uncovered on High about 3 minutes, stirring every minute, until mixture is glazed. Cool 5 minutes. Stir in dried bananas and candies.

Spread on waxed paper to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:9.32, Glycemic Load:4.32, Inflammation Score:-7, Nutrition Score:15.055652227091%

Nutrients (% of daily need)

Calories: 303.09kcal (15.15%), Fat: 23.01g (35.4%), Saturated Fat: 4.74g (29.63%), Carbohydrates: 22.31g (7.44%), Net Carbohydrates: 18.5g (6.73%), Sugar: 11.45g (12.72%), Cholesterol: 0.92mg (0.31%), Sodium: 141.45mg (6.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Manganese: 2.07mg (103.59%), Iron: 3.94mg (21.87%), Magnesium: 86.45mg (21.61%), Folate: 83.03µg (20.76%), Vitamin B3: 4.1mg (20.48%), Phosphorus: 183.38mg (18.34%), Copper: 0.34mg (17.06%), Fiber: 3.81g (15.23%), Vitamin B1: 0.22mg (14.48%), Vitamin E: 2.02mg (13.44%), Zinc: 1.8mg (12.01%), Vitamin B6: 0.23mg (11.42%), Vitamin B2: 0.18mg (10.85%), Selenium: 5.97µg (8.52%), Vitamin K: 8.77µg (8.35%), Vitamin B12: 0.47µg (7.9%), Potassium: 265.53mg (7.59%), Vitamin A: 377.16IU (7.54%), Vitamin B5: 0.33mg (3.29%), Calcium: 28.81mg (2.88%), Vitamin D: 0.31µg (2.07%)