



Minne-SNOW-ta Chex Mix

 Dairy Free

READY IN



5 min.

SERVINGS



14

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 7 oz cocoa mix dark chex mix®
- ☐ 0.5 cup marshmallows miniature
- ☐ 2 cups popped popcorn
- ☐ 0.5 cup pretzel twists
- ☐ 0.5 cup bittersweet chocolate with white candy sprinkles

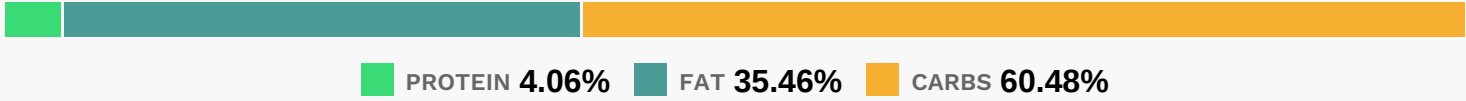
Equipment

- ☐ bowl

Directions

☐ In medium bowl, mix all ingredients.

Nutrition Facts



Properties

Glycemic Index:14.99, Glycemic Load:2.51, Inflammation Score:-1, Nutrition Score:1.5565217464514%

Nutrients (% of daily need)

Calories: 110.48kcal (5.52%), Fat: 4.64g (7.14%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 16.46g (5.98%), Sugar: 11.88g (13.19%), Cholesterol: 0.38mg (0.13%), Sodium: 141.49mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.38mg (1.79%), Protein: 1.2g (2.39%), Manganese: 0.11mg (5.73%), Fiber: 1.35g (5.39%), Copper: 0.09mg (4.31%), Iron: 0.77mg (4.3%), Magnesium: 13.74mg (3.43%), Phosphorus: 23.96mg (2.4%), Calcium: 18.62mg (1.86%), Zinc: 0.23mg (1.54%), Potassium: 44.08mg (1.26%)