



## Mississippi Mud Pie Chex Mix

 Dairy Free

READY IN



25 min.

SERVINGS



28

CALORIES



176 kcal

DESSERT

### Ingredients

- 9 cups corn flakes/bran flakes
- 2 cups marshmallows miniature
- 2 cups pecans
- 12 oz semi chocolate chips (2 cups)
- 2 teaspoons vegetable oil

### Equipment

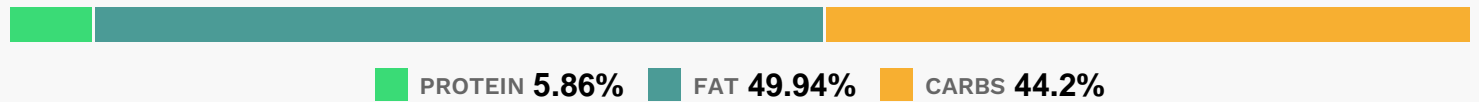
- bowl
- baking sheet

- microwave
- measuring cup

## Directions

- In large bowl, mix cereal, pecans and marshmallows.
- Spread mixture on 2 large ungreased cookie sheets.
- In 2-cup microwavable measuring cup, microwave chocolate chips and oil uncovered on High 1 minute, stirring after 30 seconds. If necessary, microwave 15 to 30 seconds longer or until smooth.
- Drizzle chocolate over cereal mixture.
- Refrigerate until set; about 10 minutes. Break into pieces. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:5.1, Glycemic Load:7.56, Inflammation Score:-6, Nutrition Score:11.036956516297%

## Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

## Nutrients (% of daily need)

Calories: 175.58kcal (8.78%), Fat: 10.34g (15.91%), Saturated Fat: 3.22g (20.1%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 16.6g (6.04%), Sugar: 9.19g (10.21%), Cholesterol: 0.73mg (0.24%), Sodium: 73.5mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.45mg (3.48%), Protein: 2.73g (5.46%), Manganese: 0.94mg (46.91%), Iron: 4.56mg (25.31%), Folate: 87.35µg (21.84%), Fiber: 4.01g (16.03%), Copper: 0.3mg (15.21%), Magnesium: 59.45mg (14.86%), Vitamin B1: 0.22mg (14.52%), Vitamin B6: 0.24mg (11.88%), Vitamin B3: 2.33mg (11.67%), Selenium: 8.1µg (11.57%), Vitamin B2: 0.2mg (11.48%), Vitamin B12: 0.66µg (11.08%), Phosphorus: 109.19mg (10.92%), Zinc: 1.29mg (8.58%), Vitamin A: 331.46IU (6.63%), Potassium: 166.59mg (4.76%), Vitamin D: 0.42µg (2.83%), Vitamin B5: 0.21mg (2.09%), Vitamin E: 0.3mg (1.97%), Calcium: 18.25mg (1.82%), Vitamin K: 1.89µg (1.8%)