



Mississippi Mud Pie Chex Mix

 Gluten Free

READY IN



25 min.

SERVINGS



28

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 9 cups chocolate chocolate chex®
- ☐ 2 cups marshmallows miniature
- ☐ 2 cups pecans
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 2 teaspoons vegetable oil

Equipment

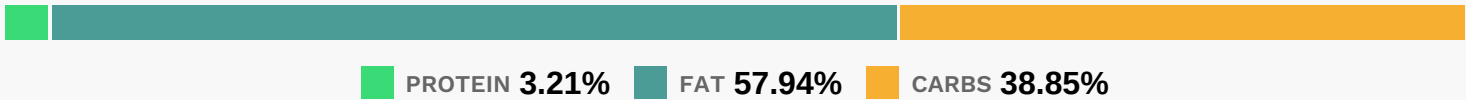
- ☐ bowl
- ☐ baking sheet

- ☐ 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:4.04, Glycemic Load:14.94, Inflammation Score:-4, Nutrition Score:8.1734781621591%

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: 418.6kcal (20.93%), Fat: 29.31g (45.1%), Saturated Fat: 14.46g (90.37%), Carbohydrates: 44.23g (14.74%), Net Carbohydrates: 39.48g (14.36%), Sugar: 35.76g (39.73%), Cholesterol: 0.73mg (0.24%), Sodium: 13.07mg (0.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 47.57mg (15.86%), Protein: 3.65g (7.3%), Manganese: 0.76mg (37.87%), Copper: 0.56mg (28.14%), Magnesium: 93.57mg (23.39%), Fiber: 4.75g (18.99%), Iron: 2.51mg (13.93%), Phosphorus: 134.15mg (13.42%), Zinc: 1.49mg (9.92%), Vitamin B2: 0.15mg (8.83%), Potassium: 261.19mg (7.46%), Vitamin K: 5.26µg (5.01%), Selenium: 2.92µg (4.18%), Vitamin B1: 0.06mg (4.12%), Vitamin B3: 0.56mg (2.82%), Calcium: 26.09mg (2.61%), Vitamin E: 0.34mg (2.29%), Vitamin B6: 0.04mg (2.16%), Vitamin B5: 0.14mg (1.38%)