



Monkey Chow

 Vegetarian

READY IN



22 min.

SERVINGS



11

CALORIES



539 kcal

SIDE DISH

Ingredients

- ☐ 2 cups banana chips
- ☐ 1 cup butterscotch chips
- ☐ 2 cups confectioners' sugar
- ☐ 8 cups rice cereal such as rice chex crisp
- ☐ 0.3 liquid malt extract
- ☐ 0.7 cup peanut butter
- ☐ 1 cup semi chocolate chips
- ☐ 8 tablespoons butter unsalted melted 1 stick

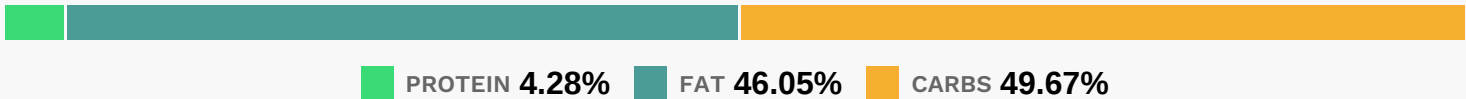
Equipment

- ☐ bowl
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Combine the chocolate chips, peanut butter, butter and malted milk in a medium microwave-safe bowl. Microwave in 30 second increments, stirring in between, until smooth.
- ☐ Put the cereal in a large bowl, pour in the melted chocolate-peanut butter and stir until evenly coated.
- ☐ Allow the cereal to cool slightly, and then tranfer to a large brown paper bag or resealable plastic bag.
- ☐ Add the confectioners' sugar, bananas and butterscotch chips. Tightly close or seal the bag and toss to coat well. Store in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:1.27, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:8.5565217837043%

Nutrients (% of daily need)

Calories: 538.73kcal (26.94%), Fat: 28.35g (43.61%), Saturated Fat: 15.26g (95.38%), Carbohydrates: 68.78g (22.93%), Net Carbohydrates: 65.34g (23.76%), Sugar: 46.9g (52.12%), Cholesterol: 24.27mg (8.09%), Sodium: 132.43mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.07mg (4.69%), Protein: 5.92g (11.84%), Manganese: 0.69mg (34.43%), Magnesium: 71.28mg (17.82%), Copper: 0.34mg (16.87%), Vitamin B3: 2.81mg (14.05%), Fiber: 3.44g (13.76%), Phosphorus: 122.93mg (12.29%), Vitamin E: 1.82mg (12.15%), Iron: 1.9mg (10.57%), Folate: 36.84µg (9.21%), Potassium: 283.13mg (8.09%), Zinc: 1.12mg (7.48%), Vitamin B1: 0.1mg (6.82%), Vitamin A: 290.98IU (5.82%), Vitamin B6: 0.12mg (5.78%), Selenium: 4µg (5.72%), Vitamin B2: 0.09mg (5.11%), Vitamin B5: 0.32mg (3.23%), Calcium: 25.18mg (2.52%), Vitamin K: 2.2µg (2.1%), Vitamin C: 0.97mg (1.18%), Vitamin D: 0.15µg (1.02%)