



Mummy Munch

READY IN



45 min.

SERVINGS



12

CALORIES



698 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 cups m&m candies
- ☐ 9 cups round buttery crackers
- ☐ 0.5 cup plus light
- ☐ 1.5 cups chop roasted peanuts dry
- ☐ 4 cups popped popcorn
- ☐ 1 teaspoon vanilla extract

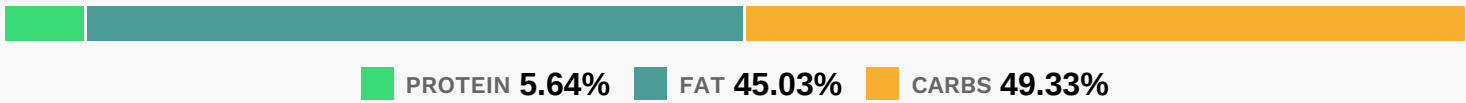
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Lightly grease a large roasting pan; stir in cereal or crackers, popcorn and peanuts. In a saucepan over medium heat, mix together brown sugar, butter and corn syrup. Bring to a boil and cook, without stirring, for 5 minutes.
- ☐ Remove from heat; add vanilla and baking soda.
- ☐ Mix well and pour over mixture in roasting pan; toss to coat.
- ☐ Bake at 250 degrees for 45 minutes, stirring every 15 minutes. Cool completely; add candy, tossing to mix. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:11.28, Glycemic Load:3.62, Inflammation Score:-4, Nutrition Score:11.42217393673%

Nutrients (% of daily need)

Calories: 698.33kcal (34.92%), Fat: 35.73g (54.96%), Saturated Fat: 13.8g (86.23%), Carbohydrates: 88.09g (29.36%), Net Carbohydrates: 84.01g (30.55%), Sugar: 55.04g (61.15%), Cholesterol: 25.54mg (8.51%), Sodium: 618.03mg (26.87%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 10.06g (20.13%), Manganese: 0.69mg (34.34%), Vitamin B3: 5.01mg (25.03%), Vitamin K: 23.21µg (22.1%), Phosphorus: 207.06mg (20.71%), Vitamin E: 2.72mg (18.17%), Iron: 2.98mg (16.58%), Fiber: 4.08g (16.31%), Vitamin B1: 0.24mg (16.01%), Calcium: 140.02mg (14%), Folate: 52.19µg (13.05%), Magnesium: 49.23mg (12.31%), Vitamin B2: 0.16mg (9.57%), Copper: 0.15mg (7.73%), Zinc: 0.98mg (6.56%), Vitamin A: 321.2IU (6.42%), Vitamin B6: 0.13mg (6.4%), Potassium: 211.78mg (6.05%), Selenium: 4.23µg (6.04%), Vitamin B5: 0.48mg (4.81%)