



## Nosh-ville Chex Mix

READY IN



15 min.

SERVINGS



12

CALORIES



301 kcal

SIDE DISH

### Ingredients

- 8.8 oz asian rice cracker snack mix chex mix®
- 0.5 cup coconut or shredded
- 0.5 cup almonds sliced
- 0.3 cup butter
- 0.3 cup brown sugar
- 0.5 cup plus light
- 1 cup m&m candies

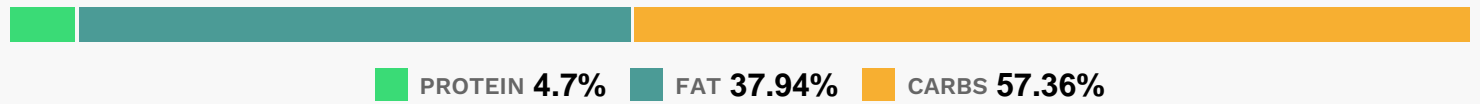
### Equipment

- bowl
- sauce pan

## Directions

- In large bowl, mix together the snack mix, coconut, and almonds.
- In small saucepan, heat butter, brown sugar, and corn syrup over medium heat just until it begins to boil.
- Remove from heat and pour over the snack mix. Stir to coat with the syrup, then toss in the chocolate candies. Allow to cool slightly before serving.

## Nutrition Facts



## Properties

Glycemic Index:7.42, Glycemic Load:2.13, Inflammation Score:-2, Nutrition Score:4.7191304732924%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 301.02kcal (15.05%), Fat: 13.01g (20.01%), Saturated Fat: 6.4g (40.03%), Carbohydrates: 44.25g (14.75%), Net Carbohydrates: 41.8g (15.2%), Sugar: 28.09g (31.22%), Cholesterol: 13.59mg (4.53%), Sodium: 196.87mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Manganese: 0.31mg (15.54%), Fiber: 2.45g (9.78%), Vitamin E: 1.3mg (8.68%), Iron: 1.38mg (7.66%), Folate: 27.34µg (6.84%), Vitamin B2: 0.11mg (6.55%), Vitamin B1: 0.09mg (6.15%), Vitamin B3: 1.21mg (6.03%), Phosphorus: 58.66mg (5.87%), Magnesium: 22.61mg (5.65%), Calcium: 48.01mg (4.8%), Copper: 0.09mg (4.53%), Zinc: 0.57mg (3.8%), Vitamin K: 3.38µg (3.22%), Vitamin A: 157.05IU (3.14%), Selenium: 2.14µg (3.06%), Potassium: 90.54mg (2.59%), Vitamin B6: 0.05mg (2.44%), Vitamin B5: 0.14mg (1.35%)