

Nuts and Fluff

 Dairy Free

READY IN



25 min.

SERVINGS



32

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter (1 stick)
- 10 oz marshmallows jet-puffed
- 0.5 cup peanut butter
- 6 cups popped popcorn
- 1 cup planters roasted peanuts dry
- 6 cups bite-size wheat cereal shredded

Equipment

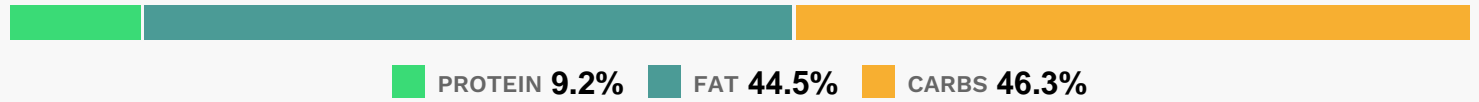
- bowl

- oven
- baking pan
- microwave

Directions

- Preheat oven to 250F. Microwave peanut butter and margarine in large microwavable bowl on HIGH 1 minute or until melted.
- Add marshmallows; toss to coat. Microwave 1 minute or until marshmallows are puffed.
- Stir in remaining ingredients.
- Pour evenly into 2 greased 13x9-inch baking pans.
- Bake 10 minutes. Cool completely. Break into small pieces. Store in airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:5.32, Inflammation Score:-2, Nutrition Score:4.0026087487197%

Nutrients (% of daily need)

Calories: 142.94kcal (7.15%), Fat: 7.55g (11.62%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 15.73g (5.72%), Sugar: 5.86g (6.51%), Cholesterol: 0mg (0%), Sodium: 77.74mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Manganese: 0.4mg (20.12%), Vitamin B3: 1.73mg (8.64%), Fiber: 1.95g (7.81%), Magnesium: 30.13mg (7.53%), Vitamin B6: 0.15mg (7.27%), Phosphorus: 72.2mg (7.22%), Vitamin E: 0.71mg (4.76%), Copper: 0.08mg (4.14%), Zinc: 0.56mg (3.76%), Folate: 12.57µg (3.14%), Iron: 0.49mg (2.72%), Potassium: 94.31mg (2.69%), Vitamin A: 130.91IU (2.62%), Vitamin B1: 0.04mg (2.52%), Vitamin B2: 0.03mg (1.84%), Vitamin B5: 0.15mg (1.49%), Selenium: 1µg (1.43%), Vitamin C: 0.9mg (1.09%), Calcium: 10.57mg (1.06%)