



Nutty Puppy Chow

READY IN



20 min.

SERVINGS



24

CALORIES



436 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 4 cups confectioners' sugar divided
- ☐ 12 ounce corn and rice cereal **crispy crispix®** (such as)
- ☐ 1 cup peanut butter
- ☐ 1 cup raisins
- ☐ 16 ounce roasted peanuts
- ☐ 12 ounce semi chocolate chips

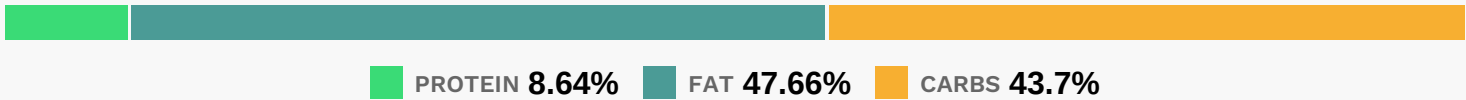
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Melt butter, chocolate chips, and peanut butter together in a saucepan over medium-low heat, stirring until smooth, 5 to 10 minutes.
- ☐ Mix peanuts, cereal, and raisins together in a large bowl.
- ☐ Pour chocolate mixture over peanut-cereal mixture; toss to coat.
- ☐ Place 2 cups confectioners' sugar in a large covered container; add coated cereal mixture and remaining 2 cups confectioners' sugar. Cover the container and shake until cereal mixture is well coated with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:5.12, Glycemic Load:2.81, Inflammation Score:-6, Nutrition Score:14.163043431614%

Nutrients (% of daily need)

Calories: 435.87kcal (21.79%), Fat: 24.12g (37.1%), Saturated Fat: 8.09g (50.59%), Carbohydrates: 49.75g (16.58%), Net Carbohydrates: 45.54g (16.56%), Sugar: 27.24g (30.27%), Cholesterol: 11.02mg (3.67%), Sodium: 265.2mg (11.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 9.84g (19.67%), Manganese: 0.83mg (41.56%), Vitamin B3: 6.98mg (34.89%), Iron: 5.78mg (32.1%), Folate: 83.99µg (21%), Magnesium: 82.3mg (20.58%), Copper: 0.39mg (19.73%), Vitamin B1: 0.28mg (18.42%), Vitamin B6: 0.37mg (18.31%), Fiber: 4.21g (16.84%), Phosphorus: 166.56mg (16.66%), Vitamin B2: 0.28mg (16.2%), Vitamin B12: 0.74µg (12.37%), Potassium: 362.85mg (10.37%), Vitamin E: 1.19mg (7.93%), Zinc: 1.19mg (7.9%), Vitamin A: 378.43IU (7.57%), Selenium: 4.43µg (6.33%), Vitamin B5: 0.46mg (4.6%), Vitamin C: 3.3mg (4%), Calcium: 36.69mg (3.67%), Vitamin D: 0.51µg (3.4%), Vitamin K: 1.38µg (1.32%)