



Peach Cobbler Chex® Party Mix

 Vegetarian

READY IN



15 min.

SERVINGS



16

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 6 cups corn flakes/bran flakes
- ☐ 2 cups cashew pieces
- ☐ 0.3 cup butter
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons plus light
- ☐ 2.4 oz peaches

Equipment

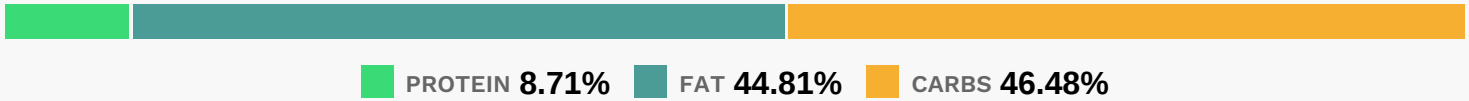
- ☐ bowl

- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, place cereal and pecans.
- ☐ In 2-cup microwavable measuring cup, microwave butter, brown sugar and corn syrup uncovered on High 1 minute 30 seconds, stirring after 1 minute, until mixture is boiling; stir.
- ☐ Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 5 minutes, stirring after every minute. Toss in peaches.
- ☐ Spread on waxed paper. Cool 5 minutes. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:8.38, Inflammation Score:-7, Nutrition Score:13.074347923631%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 190.79kcal (9.54%), Fat: 10.28g (15.81%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 20.64g (7.51%), Sugar: 10.66g (11.84%), Cholesterol: 7.63mg (2.54%), Sodium: 109.28mg (4.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Manganese: 0.81mg (40.38%), Iron: 5.32mg (29.58%), Folate: 104.49µg (26.12%), Copper: 0.43mg (21.72%), Magnesium: 82.29mg (20.57%), Vitamin B1: 0.27mg (17.74%), Phosphorus: 164.94mg (16.49%), Vitamin B6: 0.33mg (16.26%), Selenium: 11.28µg (16.12%), Vitamin B3: 2.72mg (13.59%), Fiber: 3.34g (13.36%), Vitamin B2: 0.22mg (13.05%), Vitamin B12: 0.76µg (12.6%), Zinc: 1.71mg (11.39%), Vitamin A: 477.5IU (9.55%), Vitamin K: 6.08µg (5.79%), Potassium: 198.54mg (5.67%), Vitamin D: 0.5µg (3.3%), Vitamin B5: 0.29mg (2.86%), Vitamin E: 0.37mg (2.49%), Calcium: 17.75mg (1.77%)