



## Peaches and Peanuts Chex Mix

READY IN



15 min.

SERVINGS



16

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter
- 2 tablespoons plus light
- 5 cups rice chex
- 6 oz peaches dried coarsely chopped (1 cup)
- 1 cup peanuts salted
- 0.5 cup vanilla yogurt

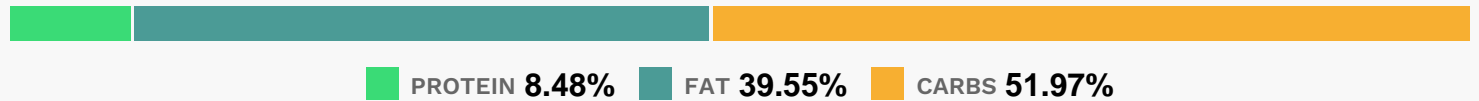
### Equipment

- bowl
- microwave
- measuring cup

## Directions

- In large microwavable bowl, mix cereal and peanuts.
- In 2-cup microwavable measuring cup, microwave butter, brown sugar and corn syrup uncovered on High 1 minute 30 seconds, stirring after 1 minute or until mixture is boiling; stir.
- Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 3 minutes, stirring every minute. Stir in peaches; microwave uncovered on High 2 minutes, stirring after 1 minute.
- Spread on waxed paper to cool. Cool 5 minutes. Stir in raisins. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:2.08, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:8.9960869913516%

## Nutrients (% of daily need)

Calories: 166.27kcal (8.31%), Fat: 7.72g (11.88%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 20.93g (7.61%), Sugar: 12.72g (14.14%), Cholesterol: 0.38mg (0.13%), Sodium: 112.5mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Manganese: 0.58mg (28.93%), Folate: 85.35µg (21.34%), Iron: 3.64mg (20.2%), Vitamin B3: 3.49mg (17.47%), Vitamin B1: 0.18mg (12.29%), Vitamin B2: 0.19mg (10.97%), Vitamin A: 516.38IU (10.33%), Zinc: 1.5mg (10.03%), Vitamin B6: 0.2mg (10.03%), Vitamin B12: 0.52µg (8.6%), Fiber: 1.91g (7.63%), Copper: 0.15mg (7.3%), Phosphorus: 71.88mg (7.19%), Magnesium: 25.92mg (6.48%), Calcium: 62.19mg (6.22%), Potassium: 214.02mg (6.11%), Selenium: 2.81µg (4.02%), Vitamin B5: 0.4mg (3.97%), Vitamin C: 2.45mg (2.97%), Vitamin D: 0.31µg (2.08%), Vitamin K: 1.76µg (1.68%), Vitamin E: 0.16mg (1.07%)