



Peaches and Peanuts Chex Mix

READY IN



15 min.

SERVINGS



16

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

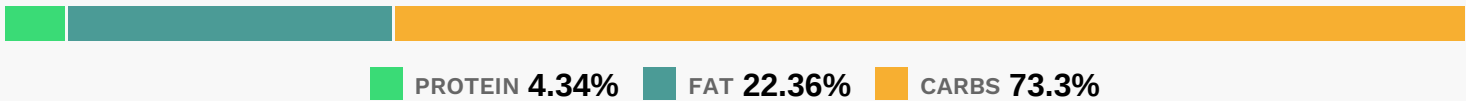
Equipment

- ☐ 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:4.63, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:6.8765217065811%

Nutrients (% of daily need)

Calories: 122.88kcal (6.14%), Fat: 3.21g (4.93%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 22.46g (8.17%), Sugar: 14.83g (16.48%), Cholesterol: 0.38mg (0.13%), Sodium: 111.4mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Iron: 3.32mg (18.46%), Manganese: 0.36mg (18%), Folate: 63.9µg (15.97%), Vitamin A: 547.84IU (10.96%), Vitamin B3: 2.1mg (10.49%), Vitamin B2: 0.18mg (10.42%), Vitamin B6: 0.18mg (8.83%), Zinc: 1.32mg (8.83%), Vitamin B12: 0.52µg (8.6%), Vitamin B1: 0.13mg (8.36%), Calcium: 53.42mg (5.34%), Fiber: 1.19g (4.77%), Potassium: 159.59mg (4.56%), Phosphorus: 38.14mg (3.81%), Copper: 0.07mg (3.72%), Vitamin C: 2.74mg (3.32%), Selenium: 2.23µg (3.19%), Vitamin B5: 0.24mg (2.44%), Magnesium: 9.52mg (2.38%), Vitamin D: 0.31µg (2.08%), Vitamin K: 2.15µg (2.05%), Vitamin E: 0.24mg (1.58%)