



## Peanut Butter Blossoms Chex Mix

READY IN



15 min.

SERVINGS



14

CALORIES



325 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 cups cornflakes
- 3 cups pinenuts
- 1 tablespoon butter
- 0.5 cup peanut butter
- 0.3 cup brown sugar
- 0.5 cup milk chocolate chips gluten-free

### Equipment

- bowl

- baking sheet
- aluminum foil
- microwave
- measuring cup

## Directions

- In large microwavable bowl, mix cereals. Line cookie sheet with waxed paper or foil.
- In 2-cup microwavable measuring cup, microwave butter, peanut butter and brown sugar on High about 1–2 minutes, stirring after 1 minute, until mixture is boiling.
- Pour over cereal, stirring until evenly coated.
- Microwave uncovered on High 4 minutes, stirring and scraping bowl every minute. Microwave uncovered on High 2 more minutes, just until cereal begins to brown. Immediately stir in half of the chips; cool 5 minutes, stir in remaining chips.
- Spread on waxed paper to cool.
- Place in festive Ziploc® Brand containers and bags to share with family and friends!

## Nutrition Facts

**PROTEIN 7.51%** **FAT 70.65%** **CARBS 21.84%**

## Properties

Glycemic Index:1, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:14.285652093265%

## Nutrients (% of daily need)

Calories: 325.38kcal (16.27%), Fat: 27.16g (41.79%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 17.18g (6.25%), Sugar: 10.06g (11.18%), Cholesterol: 0mg (0%), Sodium: 94.38mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Manganese: 2.69mg (134.7%), Vitamin E: 3.58mg (23.84%), Magnesium: 90.91mg (22.73%), Copper: 0.43mg (21.71%), Phosphorus: 204.08mg (20.41%), Iron: 3.52mg (19.56%), Vitamin B3: 3.57mg (17.87%), Vitamin K: 15.62µg (14.88%), Zinc: 2.16mg (14.41%), Vitamin B1: 0.2mg (13.23%), Vitamin B2: 0.17mg (10.28%), Folate: 39.23µg (9.81%), Vitamin B6: 0.18mg (8.86%), Potassium: 258.76mg (7.39%), Fiber: 1.71g (6.84%), Vitamin B12: 0.3µg (5.02%), Vitamin A: 151.32IU (3.03%), Vitamin B5: 0.21mg (2.08%), Vitamin C: 1.49mg (1.81%), Calcium: 17.6mg (1.76%), Selenium: 1.13µg (1.61%), Vitamin D: 0.22µg (1.44%)