



Peanut Butter Blossoms Chex Mix

READY IN



15 min.

SERVINGS



14

CALORIES



352 kcal

CONDIMENT

DIP

SPREAD

Ingredients

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

Equipment

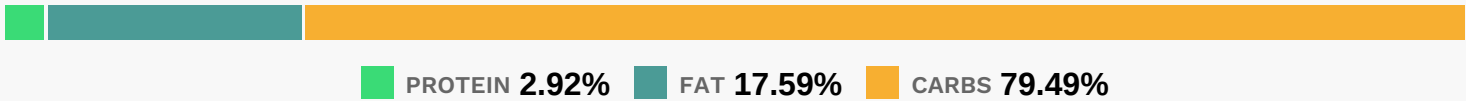
- ☐ bowl

- ☐ 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



Properties

Glycemic Index:4.73, Glycemic Load:31.44, Inflammation Score:-2, Nutrition Score:4.7965217426257%

Nutrients (% of daily need)

Calories: 351.52kcal (17.58%), Fat: 7.37g (11.34%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 74.95g (24.98%), Net Carbohydrates: 74.17g (26.97%), Sugar: 68.66g (76.29%), Cholesterol: 0mg (0%), Sodium: 96.71mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Iron: 2.23mg (12.37%), Vitamin B3: 2.39mg (11.96%), Manganese: 0.21mg (10.29%), Vitamin B6: 0.17mg (8.37%), Vitamin B2: 0.14mg (8.05%), Folate: 30.85µg (7.71%), Vitamin B1: 0.09mg (6.21%), Vitamin E: 0.88mg (5.85%), Vitamin B12: 0.3µg (5.02%), Magnesium: 19.75mg (4.94%), Phosphorus: 40.65mg (4.06%), Copper: 0.08mg (3.93%), Potassium: 123.83mg (3.54%), Fiber: 0.79g (3.14%), Zinc: 0.46mg (3.03%), Vitamin A: 142.93IU (2.86%), Selenium: 1.5µg (2.15%), Vitamin C: 1.63mg (1.97%), Calcium: 17.33mg (1.73%), Vitamin B5: 0.17mg (1.67%), Vitamin D: 0.22µg (1.44%)