



Peanut Butter Blossoms Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



14

CALORIES



130 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon butter
- ☐ 3 cups corn chex corn chex®
- ☐ 3 cups corn flakes/bran flakes honey nut chex®
- ☐ 0.5 cup peanut butter

Equipment

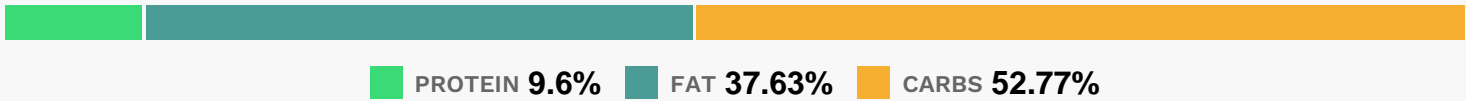
- ☐ bowl
- ☐ baking sheet

- ☐ 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:6.16, Glycemic Load:4.08, Inflammation Score:-6, Nutrition Score:9.8178261220455%

Nutrients (% of daily need)

Calories: 129.82kcal (6.49%), Fat: 5.85g (9%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 16.14g (5.87%), Sugar: 7.11g (7.9%), Cholesterol: 0mg (0%), Sodium: 144.11mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Folate: 107.99µg (27%), Iron: 4.32mg (24.01%), Manganese: 0.47mg (23.28%), Vitamin B3: 3.73mg (18.65%), Vitamin B6: 0.3mg (14.76%), Vitamin B1: 0.2mg (13.6%), Vitamin B2: 0.23mg (13.55%), Vitamin B12: 0.75µg (12.47%), Zinc: 1.47mg (9.78%), Magnesium: 37.31mg (9.33%), Fiber: 2.32g (9.29%), Vitamin A: 464.35IU (9.29%), Selenium: 5.72µg (8.17%), Phosphorus: 78.68mg (7.87%), Vitamin E: 0.95mg (6.35%), Copper: 0.09mg (4.65%), Calcium: 33.3mg (3.33%), Potassium: 116.39mg (3.33%), Vitamin D: 0.5µg (3.3%), Vitamin B5: 0.21mg (2.09%), Vitamin C: 1.29mg (1.56%)