



## Pot o' Gold Chex™ Mix

READY IN



15 min.

SERVINGS



20

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 cups lucky cereal
- 2 cups cornflakes
- 1.5 cups pretzel twists ( 65 twists)
- 1 cup roasted peanuts
- 0.5 cup brown sugar packed
- 0.3 cup butter
- 2 tablespoons plus
- 0.1 teaspoon baking soda
- 0.3 cup m&m candies green

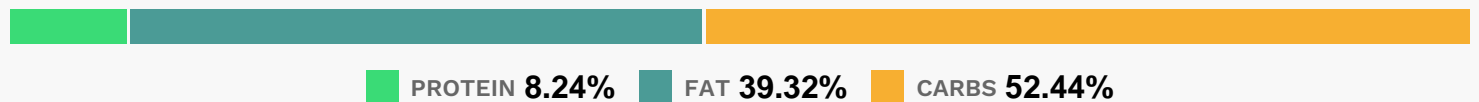
## Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

## Directions

- In large microwavable bowl, place cereals, pretzels and peanuts; set aside.
- In 2-cup microwavable measuring cup, microwave brown sugar, butter and corn syrup uncovered on High about 2 minutes, stirring after 1 minute, until melted and smooth. Stir in baking soda until dissolved.
- Pour over cereal mixture, stirring until evenly coated.
- Microwave uncovered on High 1 to 2 minutes, stirring and scraping bowl every 30 seconds, just until cereal begins to brown. Cool 5 minutes; stir in candies.
- Spread on waxed paper to cool; break into bite-size pieces.
- Place in gold foil baking cups if desired. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:7.6, Glycemic Load:2.36, Inflammation Score:-5, Nutrition Score:7.663478301919%

## Nutrients (% of daily need)

Calories: 152.39kcal (7.62%), Fat: 6.96g (10.71%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 19.6g (7.13%), Sugar: 11.59g (12.88%), Cholesterol: 6.49mg (2.16%), Sodium: 167.96mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Folate: 78.46µg (19.61%), Manganese: 0.37mg (18.32%), Vitamin B3: 3.59mg (17.94%), Iron: 2.8mg (15.55%), Vitamin B6: 0.29mg (14.51%), Vitamin B1: 0.2mg (13.39%), Vitamin B2: 0.18mg (10.83%), Vitamin B12: 0.63µg (10.57%), Zinc: 1.56mg (10.4%), Vitamin A: 330IU (6.6%), Phosphorus: 56.9mg (5.69%), Fiber: 1.28g (5.12%), Magnesium: 20.18mg (5.05%), Calcium: 48.1mg (4.81%), Copper: 0.08mg (3.83%), Vitamin C: 2.59mg (3.13%), Selenium: 2.08µg (2.97%), Potassium: 92.46mg (2.64%), Vitamin D: 0.38µg (2.54%), Vitamin B5: 0.16mg (1.61%)