



Pot o' Gold Chex® Mix

READY IN



15 min.

SERVINGS



20

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

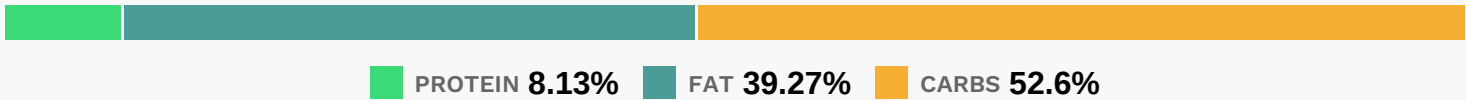
Equipment

- ☐ 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:8.002174001673%

Nutrients (% of daily need)

Calories: 153.86kcal (7.69%), Fat: 7.02g (10.8%), Saturated Fat: 2.47g (15.47%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 19.83g (7.21%), Sugar: 11.67g (12.96%), Cholesterol: 6.49mg (2.16%), Sodium: 169.84mg (7.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Folate: 88.45µg (22.11%), Manganese: 0.37mg (18.6%), Vitamin B3: 3.59mg (17.93%), Iron: 2.8mg (15.55%), Vitamin B6: 0.29mg (14.5%), Vitamin B1: 0.2mg (13.37%), Zinc: 1.91mg (12.72%), Vitamin B2: 0.18mg (10.86%), Vitamin B12: 0.64µg (10.72%), Vitamin A: 380IU (7.6%), Calcium: 57.97mg (5.8%), Phosphorus: 58.04mg (5.8%), Fiber: 1.33g (5.34%), Magnesium: 19.9mg (4.97%), Copper: 0.08mg (3.78%), Selenium: 2.22µg (3.17%), Vitamin C: 2.6mg (3.15%), Potassium: 93.87mg (2.68%), Vitamin D: 0.38µg (2.53%), Vitamin B5: 0.17mg (1.69%)