

Puppy Chow I

 Popular

READY IN



30 min.

SERVINGS



9

CALORIES



854 kcal

SIDE DISH

Ingredients

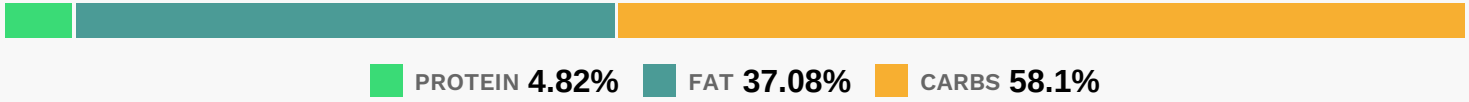
- ☐ 0.5 cup butter
- ☐ 1 pound confectioners' sugar
- ☐ 17.5 ounce corn and rice cereal crispy
- ☐ 1 cup creamy peanut butter
- ☐ 2 cups milk chocolate chips

Equipment

Directions

- ☐ Melt the peanut butter with the butter or margarine and the milk chocolate.
- ☐ Pour over the cereal and toss until well coated.
- ☐ Place the coated cereal in a large paper sack then add the confectioners' sugar, fold down the top of the bag and shake to coat.

Nutrition Facts



Properties

Glycemic Index:7.11, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:26.841739071452%

Nutrients (% of daily need)

Calories: 854.41kcal (42.72%), Fat: 36.52g (56.19%), Saturated Fat: 16.59g (103.66%), Carbohydrates: 128.77g (42.92%), Net Carbohydrates: 125.58g (45.67%), Sugar: 80.4g (89.33%), Cholesterol: 27.11mg (9.04%), Sodium: 606.93mg (26.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.38%), Iron: 16.46mg (91.44%), Vitamin B3: 13.69mg (68.43%), Vitamin B6: 1.11mg (55.72%), Folate: 221.82µg (55.46%), Vitamin B2: 0.91mg (53.32%), Vitamin B1: 0.78mg (51.92%), Vitamin B12: 2.78µg (46.29%), Vitamin A: 1299.67IU (25.99%), Manganese: 0.51mg (25.74%), Vitamin E: 2.97mg (19.8%), Magnesium: 70.2mg (17.55%), Phosphorus: 156.43mg (15.64%), Vitamin C: 11.58mg (14.03%), Vitamin D: 1.98µg (13.23%), Fiber: 3.2g (12.78%), Copper: 0.23mg (11.65%), Potassium: 372.61mg (10.65%), Selenium: 6.18µg (8.83%), Zinc: 1.3mg (8.64%), Calcium: 48.91mg (4.89%), Vitamin B5: 0.44mg (4.44%)