



Red Velvet Chex™ Party Mix

READY IN



15 min.

SERVINGS



12

CALORIES



372 kcal

SIDE DISH

Ingredients

- ☐ 6 cups corn flakes/bran flakes
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 3 tablespoons plus
- ☐ 1 drop purple gel food coloring red
- ☐ 15 oz duncan hines devil's food cake gluten free
- ☐ 0.5 cup cream cheese frosting

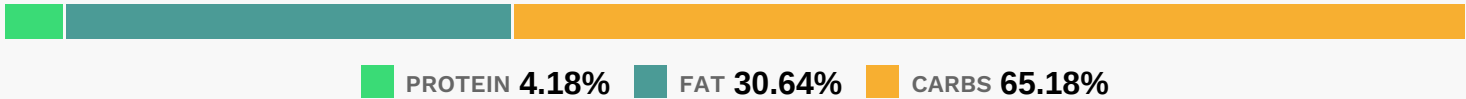
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ In large microwavable bowl, place cereal; set aside. In medium microwavable bowl, microwave brown sugar, butter, corn syrup, food color and cake mix uncovered on High 2 to 2 1/2 minutes or until mixture is boiling. Immediately pour over cereal; toss until well coated.
- ☐ Spread on waxed paper. Cool 5 minutes.
- ☐ In small microwavable bowl, place frosting; microwave uncovered on High 20 seconds.
- ☐ Drizzle over cereal mixture. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:11.77, Glycemic Load:9.79, Inflammation Score:-8, Nutrition Score:15.290869588437%

Nutrients (% of daily need)

Calories: 371.67kcal (18.58%), Fat: 13.52g (20.81%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 64.73g (21.58%), Net Carbohydrates: 60.22g (21.9%), Sugar: 39.41g (43.79%), Cholesterol: 13.56mg (4.52%), Sodium: 473.93mg (20.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.9mg (1.3%), Protein: 4.15g (8.3%), Iron: 7.28mg (40.46%), Manganese: 0.8mg (40.02%), Folate: 155.65µg (38.91%), Selenium: 15.18µg (21.68%), Vitamin B1: 0.32mg (21.59%), Vitamin B2: 0.34mg (19.98%), Vitamin B3: 3.92mg (19.61%), Phosphorus: 187.78mg (18.78%), Fiber: 4.51g (18.04%), Vitamin B6: 0.36mg (17.89%), Vitamin B12: 1.01µg (16.85%), Magnesium: 63.74mg (15.94%), Vitamin A: 658.64IU (13.17%), Copper: 0.25mg (12.44%), Zinc: 1.32mg (8.79%), Calcium: 72.22mg (7.22%), Potassium: 242.26mg (6.92%), Vitamin E: 0.69mg (4.62%), Vitamin D: 0.66µg (4.4%), Vitamin B5: 0.24mg (2.41%), Vitamin K: 2.07µg (1.97%)