



Salted Caramel Stuffed Chex® Cereal Treats

READY IN



105 min.

SERVINGS



16

CALORIES



220 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon sea salt
- ☐ 16 servings sea salt for garnish
- ☐ 1 tablespoon plus
- ☐ 5 cups rice chex
- ☐ 4 cups marshmallows miniature
- ☐ 4 cups popped popcorn plain
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 3 tablespoons butter unsalted

- ☐ 1 cup peanuts unsalted
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup water
- ☐ 0.3 cup whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To make the Caramel
- ☐ Layer, in 1- to 2-quart saucepan, stir together sugar, corn syrup and water. Cook over medium-high heat until sugar dissolves and turns into a syrup, stirring frequently.
- ☐ Heat to boiling and boil until syrup becomes dark golden brown (a warm, whiskey color).
- ☐ Remove from heat.
- ☐ Quickly stir in 2 tablespoons butter. Stir in cream, vanilla and 1/4 teaspoon salt until smooth, heating over medium heat if necessary.
- ☐ Pour caramel into medium bowl; cool about 15 minutes or until spreadable.
- ☐ Meanwhile, to make the Cereal
- ☐ Layers, spray 8-inch square pan with cooking spray.
- ☐ In 3- to 4-quart saucepan, cook 3 tablespoons butter and the marshmallows over medium heat, stirring until mixture is melted and well combined. Stir in cereal, popcorn, peanuts and 1/4 teaspoon salt until coated.
- ☐ Firmly press half of mixture in bottom of pan.
- ☐ Spread cooled spreadable caramel in an even layer over top of cereal mixture. Top with remaining cereal mixture, pressing gently.
- ☐ Sprinkle top with additional coarse sea salt. Cool 1 hour before cutting into 4 rows by 4 rows. Store in airtight container for up to 3 days.

Nutrition Facts



PROTEIN 6.08% **FAT 38.28%** **CARBS 55.64%**

Properties

Glycemic Index:13.5, Glycemic Load:14.04, Inflammation Score:-5, Nutrition Score:7.6117391689964%

Nutrients (% of daily need)

Calories: 219.95kcal (11%), Fat: 9.77g (15.03%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 30.6g (11.13%), Sugar: 18.89g (20.98%), Cholesterol: 13.61mg (4.54%), Sodium: 311.78mg (13.56%), Alcohol: 0.04g (100%), Alcohol %: 0.1% (100%), Protein: 3.49g (6.98%), Manganese: 0.53mg (26.26%), Folate: 72.63µg (18.16%), Iron: 3.08mg (17.12%), Vitamin B3: 2.95mg (14.76%), Zinc: 1.54mg (10.24%), Vitamin B6: 0.2mg (10.24%), Vitamin B2: 0.17mg (9.75%), Vitamin B1: 0.14mg (9.06%), Vitamin B12: 0.49µg (8.08%), Vitamin A: 325.65IU (6.51%), Phosphorus: 59.67mg (5.97%), Magnesium: 23.4mg (5.85%), Fiber: 1.35g (5.39%), Selenium: 2.94µg (4.2%), Copper: 0.08mg (4.15%), Vitamin E: 0.62mg (4.15%), Calcium: 41.12mg (4.11%), Vitamin D: 0.44µg (2.92%), Vitamin B5: 0.28mg (2.8%), Potassium: 88.4mg (2.53%), Vitamin C: 1.9mg (2.3%)