



## Strawberries and White Chocolate Chex® Mix

 Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups cornflakes
- 3 cups rice chex
- 3 cups wheat chex
- 9 oz peppermint candies white
- 2 tablespoons vegetable oil
- 1 cup powdered sugar
- 1 box strawberry gelatin (8-serving size)
- 2 cups strawberries

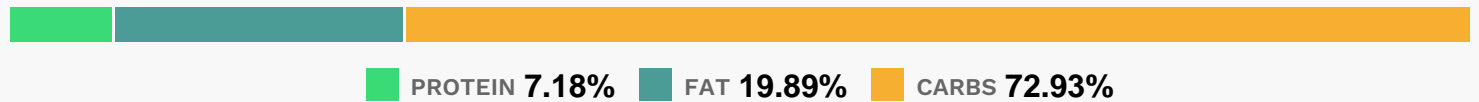
# Equipment

- bowl
- ziploc bags
- microwave

# Directions

- In large bowl, mix cereals.
- In 1-quart microwavable bowl, microwave baking chips and oil uncovered on Medium-High (70%) 1 minute; stir. Microwave 15 to 30 seconds longer or until mixture can be stirred smooth.
- Pour over cereal mixture; toss to coat.
- In large resealable food-storage plastic bag, mix powdered sugar and gelatin.
- Add cereal mixture to bag; seal. Shake until cereal is well coated.
- Add strawberries.
- Spread mixture on waxed paper. Store in airtight container.

# Nutrition Facts



# Properties

Glycemic Index:1.67, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:19.991739260114%

# Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg  
Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## **Nutrients (% of daily need)**

Calories: 230.35kcal (11.52%), Fat: 5.55g (8.54%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 45.77g (15.26%),  
Net Carbohydrates: 41.57g (15.12%), Sugar: 18.31g (20.34%), Cholesterol: 0mg (0%), Sodium: 246.02mg (10.7%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9.01%), Vitamin D: 25.41µg (169.41%), Folate: 292.17µg  
(73.04%), Iron: 11.25mg (62.52%), Zinc: 3.82mg (25.5%), Vitamin B2: 0.38mg (22.33%), Vitamin B6: 0.45mg  
(22.27%), Vitamin B3: 4.44mg (22.22%), Vitamin B1: 0.33mg (22.18%), Vitamin B12: 1.31µg (21.79%), Fiber: 4.2g  
(16.79%), Vitamin C: 12.31mg (14.93%), Phosphorus: 110.81mg (11.08%), Calcium: 93.59mg (9.36%), Vitamin A:  
440.97IU (8.82%), Manganese: 0.17mg (8.68%), Magnesium: 29.17mg (7.29%), Potassium: 137.9mg (3.94%), Vitamin  
K: 2.38µg (2.27%), Selenium: 1.27µg (1.81%), Copper: 0.03mg (1.3%)