



WHATSheATE



Sugar Cookie Chex® Party Mix



Dairy Free

READY IN



15 min.

SERVINGS



14

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 6 cups rice chex
- ☐ 0.3 cup butter
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons plus
- ☐ 2 teaspoons vanilla pure
- ☐ 0.3 cup powdered sugar
- ☐ 1 ounce baker's chocolate white
- ☐ 1 teaspoons sprinkles

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Measure cereal in large microwaveable bowl. Line a cookie sheet with waxed paper or foil.
- ☐ In 2-cup microwavable measuring cup, microwave butter uncovered on High 30 seconds or until melted.
- ☐ Add sugar and corn syrup; microwave uncovered on High 30 seconds until mixture is heated and can be stirred smooth. Stir in vanilla.
- ☐ Pour over cereal, stirring until evenly coated.
- ☐ Microwave uncovered on High 2 minutes, stirring after 1 minute.
- ☐ Sprinkle with powdered sugar; mix well.
- ☐ Spread on waxed paper or foil. Microwave white chocolate on High 30 seconds or until it can be stirred smooth; drizzle over top; sprinkle with edible glitter or colored candies.

Nutrition Facts



PROTEIN 3.42% **FAT 33.94%** **CARBS 62.64%**

Properties

Glycemic Index:6.36, Glycemic Load:2.95, Inflammation Score:-5, Nutrition Score:7.6052173453829%

Flavonoids

Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 2.87mg, Epicatechin: 2.87mg, Epicatechin: 2.87mg, Epicatechin: 2.87mg

Nutrients (% of daily need)

Calories: 116.82kcal (5.84%), Fat: 4.58g (7.04%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 18.44g (6.7%), Sugar: 9.42g (10.46%), Cholesterol: 0mg (0%), Sodium: 134.4mg (5.84%), Alcohol: 0.2g (100%), Alcohol %: 0.91% (100%), Protein: 1.04g (2.08%), Manganese: 0.5mg (25.01%), Iron: 4.21mg (23.39%), Folate: 86.35µg (21.59%), Zinc: 1.82mg (12.12%), Vitamin B2: 0.19mg (11.19%), Vitamin B1: 0.17mg (11.08%), Vitamin B3: 2.17mg (10.86%), Vitamin B12: 0.65µg (10.85%), Vitamin B6: 0.22mg (10.76%), Vitamin A: 359.3IU (7.19%), Copper: 0.1mg (4.82%), Calcium: 46.6mg (4.66%), Selenium: 2.49µg (3.55%), Vitamin C: 2.58mg (3.12%), Vitamin D: 0.43µg (2.85%), Phosphorus: 26.19mg (2.62%), Magnesium: 10.31mg (2.58%), Fiber: 0.57g (2.27%), Vitamin B5: 0.18mg (1.77%), Potassium: 41.26mg (1.18%), Vitamin E: 0.17mg (1.16%)