



Sweet and Salty Peanut Butter Chex Mix

 Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



180 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup corn flakes/bran flakes puffs®
- ☐ 0.5 cup peanut butter candy pieces
- ☐ 8 oz peanut butter sandwich cookie crumbs chex mix®
- ☐ 0.8 cup peanuts

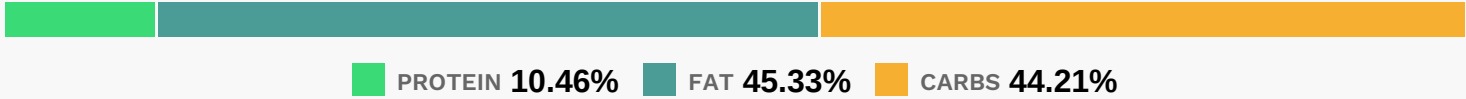
Equipment

- ☐ bowl

Directions

☐ In medium bowl, mix all ingredients.

Nutrition Facts



Properties

Glycemic Index:11.54, Glycemic Load:3.52, Inflammation Score:-3, Nutrition Score:4.8986956153227%

Nutrients (% of daily need)

Calories: 180.14kcal (9.01%), Fat: 9.56g (14.71%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 18.74g (6.81%), Sugar: 12.06g (13.4%), Cholesterol: 0mg (0%), Sodium: 185.95mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Manganese: 0.42mg (20.81%), Vitamin B3: 2.35mg (11.73%), Folate: 42.88µg (10.72%), Fiber: 2.23g (8.94%), Magnesium: 29.77mg (7.44%), Iron: 1.34mg (7.44%), Vitamin B1: 0.11mg (7.21%), Copper: 0.13mg (6.34%), Phosphorus: 62.85mg (6.28%), Vitamin B6: 0.08mg (4.14%), Vitamin B2: 0.06mg (3.8%), Potassium: 109.34mg (3.12%), Selenium: 2.03µg (2.9%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.23mg (2.31%), Vitamin B12: 0.13µg (2.23%), Calcium: 16.18mg (1.62%), Vitamin A: 62.5IU (1.25%)