



Sweet and Salty Toffee Chex Mix

READY IN



85 min.

SERVINGS



32

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz asian rice cracker snack mix traditional
- 0.8 cup brown sugar packed
- 0.8 cup butter
- 2 cups roasted peanuts salted
- 4 cups popped popcorn
- 1 cup m&m candies

Equipment

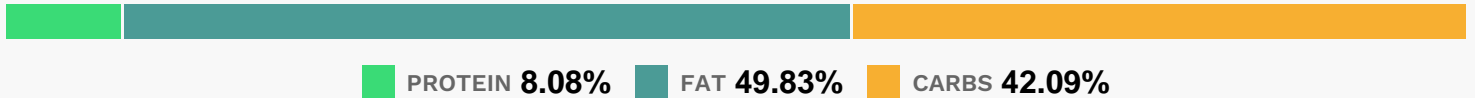
- bowl

- frying pan
- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 350°F. Line 15x10x1-inch pan with foil. Spray foil with cooking spray.
- Place snack mix in large ovenproof bowl.
- In 1-quart saucepan, heat brown sugar and butter over medium heat until mixture comes to a rolling boil, stirring frequently. Boil 2 minutes, stirring frequently. Immediately pour over snack mix, and gently stir to coat snack mix completely. Spoon into pan.
- Bake 10 minutes.
- Remove from oven.
- Let cool 1 hour. Break into pieces.
- In another large bowl, mix snack mix and remaining ingredients. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:4.2052173301902%

Nutrients (% of daily need)

Calories: 205.4kcal (10.27%), Fat: 11.7g (18%), Saturated Fat: 4.58g (28.65%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 20.27g (7.37%), Sugar: 10.06g (11.18%), Cholesterol: 12.95mg (4.32%), Sodium: 172.18mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Manganese: 0.34mg (17.15%), Vitamin B3: 2.07mg (10.36%), Fiber: 1.96g (7.83%), Folate: 27.95µg (6.99%), Phosphorus: 64.31mg (6.43%), Magnesium: 24.66mg (6.16%), Iron: 0.95mg (5.3%), Vitamin B1: 0.08mg (5.2%), Copper: 0.09mg (4.43%), Potassium: 111.24mg (3.18%), Vitamin B2: 0.05mg (3.1%), Zinc: 0.45mg (3.02%), Vitamin A: 150.21IU (3%), Calcium: 28.96mg (2.9%), Vitamin B6: 0.05mg (2.67%), Selenium: 1.73µg (2.47%), Vitamin K: 2.34µg (2.23%), Vitamin B5: 0.21mg (2.08%), Vitamin E: 0.26mg (1.72%)