

Sweet Minglers

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



204 kcal

SIDE DISH

Ingredients

- 1 cup powdered sugar
- 0.3 cup creamy peanut butter
- 6 cups rice chex
- 6 ounces semi chocolate chips

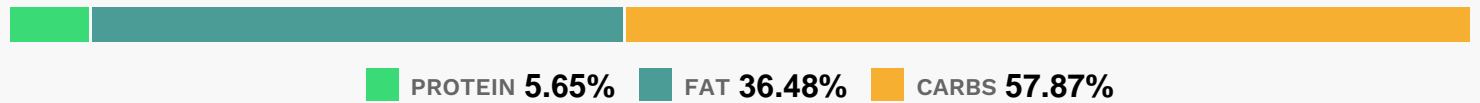
Equipment

- bowl
- microwave

Directions

- In a large microwave-safe bowl, melt chocolate chips on high for 30 seconds. Stir; microwave 30 seconds longer or until the chips are melted. Stir in peanut butter. Gently stir in cereal until well coated; set aside.
- Place confectioners' sugar in a 2-gallon plastic storage bag.
- Add cereal mixture and shake until well coated. Store in an airtight container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.17, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:10.979565304259%

Nutrients (% of daily need)

Calories: 203.69kcal (10.18%), Fat: 8.43g (12.97%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 28.44g (10.34%), Sugar: 16.63g (18.48%), Cholesterol: 0.85mg (0.28%), Sodium: 133.89mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 2.94g (5.88%), Manganese: 0.75mg (37.52%), Iron: 5.49mg (30.5%), Folate: 104.66µg (26.16%), Vitamin B3: 3.33mg (16.66%), Zinc: 2.39mg (15.93%), Vitamin B6: 0.28mg (13.92%), Vitamin B2: 0.24mg (13.83%), Vitamin B1: 0.2mg (13.31%), Vitamin B12: 0.78µg (13%), Copper: 0.24mg (11.76%), Magnesium: 38.08mg (9.52%), Phosphorus: 75.06mg (7.51%), Fiber: 1.66g (6.65%), Calcium: 61.47mg (6.15%), Selenium: 4.12µg (5.88%), Vitamin A: 257.11IU (5.14%), Vitamin E: 0.62mg (4.14%), Potassium: 136.27mg (3.89%), Vitamin C: 3mg (3.63%), Vitamin D: 0.5µg (3.33%), Vitamin B5: 0.3mg (2.98%), Vitamin K: 1.17µg (1.12%)