



Sweet Potato Chips Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



28

CALORIES



203 kcal

SIDE DISH

Ingredients

- 4 cups rice chex
- 4 cups wheat chex
- 5.5 oz tortilla chips food should taste good®
- 0.3 cup butter
- 0.3 cup brown sugar light
- 0.3 cup plus light
- 1 teaspoon salt
- 2 cups marshmallows miniature

Equipment

- bowl
- baking sheet
- microwave
- measuring cup

Directions

- Line cookie sheet with waxed paper. In large microwavable bowl, mix cereals and sweet potato chips.
- In 2-cup microwavable measuring cup, microwave butter, brown sugar, corn syrup and 1/2 teaspoon salt uncovered on High 1 minute 30 seconds. Stir; microwave on High about 45 seconds or until bubbling.
- Pour over cereal mixture; stir until completely coated.
- Microwave uncovered on High 3 to 4 minutes, stirring after every minute.
- Spread on cookie sheet.
- Let cool about 5 minutes or until coating hardens, stirring after first 2 minutes. Stir in marshmallows; sprinkle with remaining 1/2 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:2.84, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:20.333478176075%

Nutrients (% of daily need)

Calories: 203.18kcal (10.16%), Fat: 3.59g (5.52%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 43.71g (14.57%), Net Carbohydrates: 39.02g (14.19%), Sugar: 11.66g (12.96%), Cholesterol: 0mg (0%), Sodium: 351.9mg (15.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin D: 28.9µg (192.66%), Folate: 316.97µg (79.24%), Iron: 11.75mg (65.29%), Zinc: 4.41mg (29.39%), Vitamin B1: 0.33mg (22.25%), Vitamin B6: 0.44mg (22.11%), Vitamin B2: 0.37mg (21.88%), Vitamin B3: 4.36mg (21.81%), Vitamin B12: 1.3µg (21.6%), Fiber: 4.69g (18.78%), Phosphorus: 126.94mg (12.69%), Vitamin A: 503.54IU (10.07%), Calcium: 95.53mg (9.55%), Magnesium: 35mg (8.75%), Manganese: 0.14mg (7.01%), Vitamin C: 5.17mg (6.27%), Potassium: 144.21mg (4.12%), Vitamin E: 0.27mg (1.82%),

Selenium: 1.12µg (1.6%), Vitamin B5: 0.13mg (1.28%), Vitamin K: 1.2µg (1.15%), Copper: 0.02mg (1.01%)