



## Sweet Potato Chips Chex Mix

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



28

CALORIES



186 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter
- 0.3 cup plus light
- 4 cups rice chex
- 0.3 cup brown sugar light
- 2 cups marshmallows miniature
- 10 oz sweet potatoes and into food should taste good®
- 1 teaspoon salt
- 4 cups wheat chex

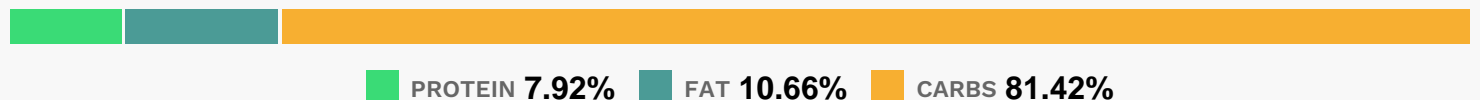
## Equipment

- 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:4.91, Glycemic Load:3.35, Inflammation Score:-9, Nutrition Score:21.558261047887%

## Nutrients (% of daily need)

Calories: 185.6kcal (9.28%), Fat: 2.44g (3.76%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 41.97g (13.99%), Net Carbohydrates: 37.27g (13.55%), Sugar: 12.04g (13.38%), Cholesterol: 0mg (0%), Sodium: 339.2mg (14.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Vitamin D: 28.9µg (192.66%), Folate: 317.41µg (79.35%), Iron: 11.73mg (65.16%), Vitamin A: 1939.79IU (38.8%), Zinc: 4.36mg (29.08%), Vitamin B6: 0.45mg (22.67%), Vitamin B1: 0.33mg (22.25%), Vitamin B2: 0.37mg (22.02%), Vitamin B3: 4.37mg (21.86%), Vitamin B12: 1.3µg (21.6%), Fiber: 4.7g (18.79%), Phosphorus: 119.17mg (11.92%), Calcium: 92.67mg (9.27%), Manganese: 0.17mg (8.32%), Magnesium: 32.85mg (8.21%), Vitamin C: 5.42mg (6.57%), Potassium: 168.19mg (4.81%), Copper: 0.03mg

(1.5%), Vitamin B5: 0.14mg (1.43%), Selenium: 0.94µg (1.34%)