



Tiramisu Chex Party Mix

READY IN



15 min.

SERVINGS



12

CALORIES



585 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 8 cups cereal rice chex®
- ☐ 2 tablespoons espresso coffee powder instant
- ☐ 1 cup mascarpone cheese
- ☐ 4 cups pound cake pieces gluten-free
- ☐ 1 cup powdered sugar
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 cup baking cocoa unsweetened

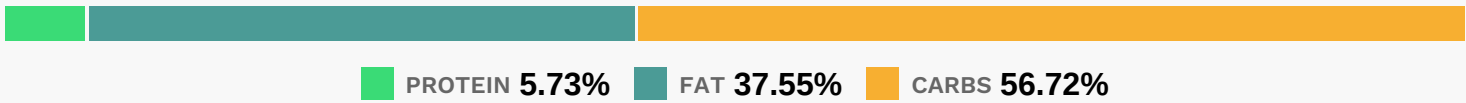
Equipment

- ☐ bowl
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ In large bowl, place cereal. In small microwavable bowl, microwave butter uncovered on High about 30 seconds or until melted. Stir in espresso; add chocolate chips. Microwave on High 30 seconds; stir. Continue microwaving and stirring until mixture is smooth.
- ☐ Pour chocolate mixture over cereal; toss until well coated.
- ☐ In large resealable food-storage plastic bag, mix powdered sugar and cocoa.
- ☐ Add cereal mixture and pound cake pieces; shake until evenly coated.
- ☐ Serve in individual bowls or glasses. Top with dollops of mascarpone cheese.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:20.021739099337%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 585.25kcal (29.26%), Fat: 24.82g (38.18%), Saturated Fat: 14.43g (90.18%), Carbohydrates: 84.35g (28.12%), Net Carbohydrates: 81.07g (29.48%), Sugar: 45.74g (50.82%), Cholesterol: 120.43mg (40.14%), Sodium: 710.82mg (30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 47.31mg (15.77%), Protein: 8.53g (17.05%), Manganese: 1.16mg (58.05%), Iron: 9.63mg (53.5%), Folate: 171.88µg (42.97%), Vitamin B2: 0.52mg (30.7%), Vitamin B1: 0.45mg (30%), Vitamin B3: 5.29mg (26.47%), Zinc: 3.56mg (23.72%), Copper: 0.42mg (21.03%), Vitamin B12: 1.24µg (20.64%), Phosphorus: 204.78mg (20.48%), Vitamin A: 961.17IU (19.22%), Vitamin B6: 0.38mg (19.19%), Selenium: 12.74µg (18.2%), Calcium: 165.49mg (16.55%), Magnesium: 61.27mg (15.32%), Fiber: 3.28g (13.12%),

Potassium: 283.4mg (8.1%), Vitamin B5: 0.71mg (7.07%), Vitamin D: 0.82µg (5.49%), Vitamin C: 4mg (4.84%),
Vitamin E: 0.56mg (3.76%), Vitamin K: 2.19µg (2.08%)