



Tiramisu Chex® Party Mix

READY IN



15 min.

SERVINGS



24

CALORIES



293 kcal

DESSERT

Ingredients

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

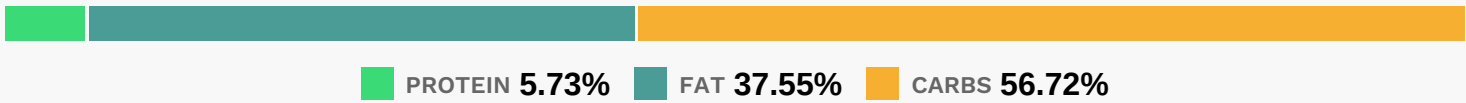
Equipment

- ☐ 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:2.08, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:10.010434798572%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 292.63kcal (14.63%), Fat: 12.41g (19.09%), Saturated Fat: 7.21g (45.09%), Carbohydrates: 42.18g (14.06%), Net Carbohydrates: 40.54g (14.74%), Sugar: 22.87g (25.41%), Cholesterol: 60.21mg (20.07%), Sodium: 355.41mg (15.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23.65mg (7.88%), Protein: 4.26g (8.53%), Manganese: 0.58mg (29.02%), Iron: 4.81mg (26.75%), Folate: 85.94µg (21.48%), Vitamin B2: 0.26mg (15.35%), Vitamin B1: 0.22mg (15%), Vitamin B3: 2.65mg (13.24%), Zinc: 1.78mg (11.86%), Copper: 0.21mg (10.51%), Vitamin B12: 0.62µg (10.32%), Phosphorus: 102.39mg (10.24%), Vitamin A: 480.59IU (9.61%), Vitamin B6: 0.19mg (9.6%), Selenium: 6.37µg (9.1%), Calcium: 82.74mg (8.27%), Magnesium: 30.63mg (7.66%), Fiber: 1.64g (6.56%), Potassium:

141.7mg (4.05%), Vitamin B5: 0.35mg (3.53%), Vitamin D: 0.41µg (2.75%), Vitamin C: 2mg (2.42%), Vitamin E: 0.28mg (1.88%), Vitamin K: 1.09µg (1.04%)