



Valentine Chex® Mix (1/2)

 Dairy Free  Popular

READY IN



25 min.

SERVINGS



11

CALORIES



192 kcal

SIDE DISH

Ingredients

- 4.5 cups rice chex
- 0.5 cup peppermint candies white
- 0.3 cup peanut butter
- 2 tablespoons butter
- 0.3 cup powdered sugar
- 0.3 cup m&m candies white red
- 2 tablespoons pink lady apples red

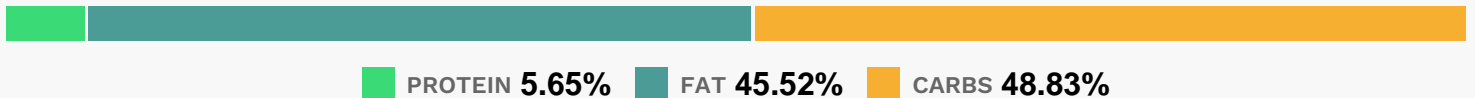
Equipment

- bowl
- aluminum foil
- ziploc bags
- microwave

Directions

- Place cereal in medium bowl. In small microwavable bowl, microwave vanilla chips, peanut butter and butter uncovered on High 1 minute to 1 minute 30 seconds, stirring every 30 seconds, until melted and smooth.
- Pour peanut butter mixture over cereal, stirring until evenly coated.
- Place 1/2 of the cereal mixture in 1-gallon food-storage plastic bag.
- Add powdered sugar. Seal bag; shake until well coated.
- Spread on waxed paper or foil; cool about 15 minutes.
- Meanwhile, stir candies and sprinkles into remaining cereal mixture.
- Spread on waxed paper or foil; cool about 15 minutes.
- In serving bowl, mix both cereal mixtures. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:4.18, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:7.8134782962177%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 192.4kcal (9.62%), Fat: 10.08g (15.51%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 23.64g (8.6%), Sugar: 14.4g (16%), Cholesterol: 0.71mg (0.24%), Sodium: 148.5mg (6.46%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Manganese: 0.48mg (24.12%), Folate: 87µg (21.75%), Iron: 3.84mg (21.35%), Vitamin B3: 2.83mg (14.13%), Vitamin B6: 0.23mg (11.59%), Zinc: 1.69mg (11.24%), Vitamin B2: 0.19mg (11.19%), Vitamin B1: 0.16mg (10.82%), Vitamin B12: 0.62µg (10.33%), Calcium: 66.32mg (6.63%), Vitamin A: 307.65IU (6.15%), Vitamin E: 0.66mg (4.38%), Phosphorus: 37.11mg (3.71%), Selenium: 2.43µg (3.47%), Magnesium: 13.43mg (3.36%), Vitamin C: 2.61mg (3.16%), Fiber: 0.69g (2.78%), Copper: 0.05mg (2.72%), Vitamin D: 0.41µg (2.72%), Vitamin B5: 0.23mg (2.28%), Potassium: 57.85mg (1.65%)