



 **65%**
HEALTH SCORE

Apple-Cinnamon Snack Mix

 Dairy Free  Very Healthy

READY IN



70 min.

SERVINGS



20

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups cornflakes
- 3 cups rice chex
- 3 cups wheat chex
- 1 cup cashew pieces
- 0.5 cup cinnamon candies red
- 0.3 cup sugar
- 0.3 cup butter
- 0.3 cup water

- 1 cup oz. bacon into pieces dried ()
- 1 serving ground cinnamon

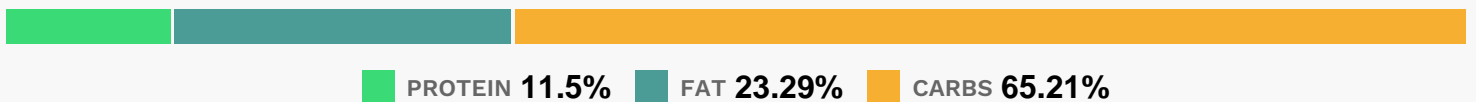
Equipment

- bowl
- sauce pan
- oven
- roasting pan
- aluminum foil

Directions

- Heat oven to 300°F. In large bowl, mix cereals and pecans.
- In 3-quart saucepan, heat candies, sugar, butter and water over medium heat, stirring frequently, until melted and blended.
- Pour over cereal mixture, stirring until evenly coated.
- Spread in ungreased large roasting pan.
- Bake 20 minutes. Stir in apple pieces.
- Bake 15 minutes longer.
- Spread on waxed paper or foil; cool about 20 minutes.
- Sprinkle with cinnamon. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:2.18, Inflammation Score:-8, Nutrition Score:23.794347488362%

Nutrients (% of daily need)

Calories: 252.99kcal (12.65%), Fat: 7.18g (11.04%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 45.2g (15.07%), Net Carbohydrates: 40.19g (14.61%), Sugar: 11.08g (12.31%), Cholesterol: 8.07mg (2.69%), Sodium: 464.46mg (20.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.95%), Vitamin D: 30.49µg (203.3%), Folate: 348.67µg

(87.17%), Iron: 13.88mg (77.09%), Zinc: 4.94mg (32.96%), Vitamin B1: 0.42mg (28.22%), Vitamin B6: 0.55mg (27.75%), Vitamin B2: 0.45mg (26.76%), Vitamin B3: 5.35mg (26.73%), Vitamin B12: 1.57µg (26.2%), Fiber: 5.01g (20.06%), Phosphorus: 162.49mg (16.25%), Manganese: 0.28mg (13.82%), Magnesium: 52.06mg (13.01%), Vitamin A: 629.23IU (12.58%), Calcium: 95.03mg (9.5%), Copper: 0.16mg (8.07%), Vitamin C: 6.35mg (7.7%), Potassium: 187.27mg (5.35%), Selenium: 2.44µg (3.49%), Vitamin K: 2.27µg (2.16%), Vitamin B5: 0.13mg (1.28%), Vitamin E: 0.17mg (1.12%)