



## Asian Snack Mix with Nori



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons agave nectar
- ☐ 0.3 cup canola oil
- ☐ 6 ounces rice chex such as special k
- ☐ 5 sheets nori seaweed crumbled (from one 0.74-ounce bag) (see Note)
- ☐ 2 ounces pecans
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon wasabi powder
- ☐ 3 tablespoons miso white yellow

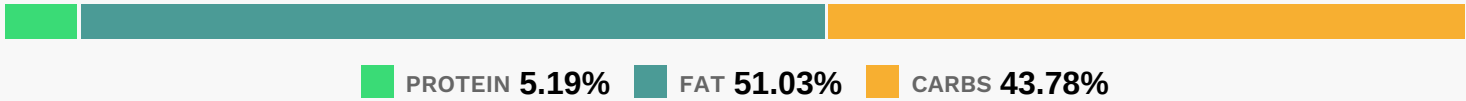
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat the oven to 35
- ☐ Spread the pecans on a pie plate and toast for 6 minutes, until fragrant.
- ☐ Transfer to a bowl and let cool slightly.
- ☐ Add the cereal and nori and toss well.
- ☐ In a mini food processor, combine the miso, agave, wasabi and salt.
- ☐ Add the oil and process until smooth. Dollop the mixture over the flakes, pecans and nori and toss with your hands to coat evenly.
- ☐ Spread the mix on a parchment paperlined rimmed baking sheet in an even layer. Toast for 18 minutes, stirring and tossing 2 or 3 times, until browned; the mix will crisp as it cools.
- ☐ Transfer to a bowl and serve.

# Nutrition Facts



# Properties

Glycemic Index:14.33, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:20.948260960372%

# Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg

Nutrients (% of daily need)

Calories: 294.31kcal (14.72%), Fat: 17.23g (26.5%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 33.25g (11.08%), Net Carbohydrates: 31.23g (11.36%), Sugar: 7.94g (8.82%), Cholesterol: 0mg (0%), Sodium: 935.44mg (40.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Manganese: 1.54mg (76.96%), Iron: 9.95mg (55.27%), Folate: 219.18µg (54.79%), Vitamin B1: 0.48mg (31.77%), Zinc: 4.62mg (30.83%), Vitamin B2: 0.51mg (29.87%), Vitamin B6: 0.58mg (29.17%), Vitamin B3: 5.52mg (27.59%), Vitamin B12: 1.59µg (26.53%), Vitamin E: 1.96mg (13.04%), Vitamin A: 650.72IU (13.01%), Calcium: 119.25mg (11.92%), Copper: 0.23mg (11.54%), Vitamin K: 11.42µg (10.88%), Vitamin C: 8.78mg (10.64%), Selenium: 6.65µg (9.49%), Phosphorus: 83.64mg (8.36%), Fiber: 2.02g (8.07%), Vitamin D: 1.05µg (6.99%), Magnesium: 24.72mg (6.18%), Vitamin B5: 0.54mg (5.4%), Potassium: 122.7mg (3.51%)