



Baked Cereal Honey Snack Mix

 Vegetarian  Dairy Free

READY IN



100 min.

SERVINGS



20

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups wheat chex
- 3 cups pretzels checkerboard-shaped
- 2 cups butter-flavored microwave popcorn light
- 1 cup celery stalks
- 1 cup nuts mixed
- 0.3 cup honey
- 3 tablespoons soybean oil
- 2 tablespoons sesame seed toasted

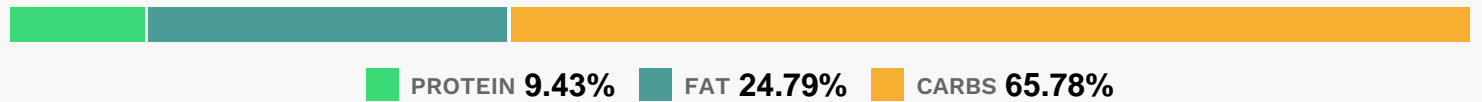
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 275°.
- Mix cereal, pretzels, popcorn, sesame sticks and nuts in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- Mix remaining ingredients in small bowl.
- Pour over cereal mixture, stirring until evenly coated.
- Bake 45 minutes, stirring occasionally.
- Spread on waxed paper; cool about 30 minutes. Store in tightly covered container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:10.22, Inflammation Score:-8, Nutrition Score:21.921739303547%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 251.78kcal (12.59%), Fat: 7.6g (11.69%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 39.48g (14.36%), Sugar: 7.59g (8.43%), Cholesterol: 0mg (0%), Sodium: 366.22mg (15.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13.01%), Vitamin D: 30.19µg (201.29%), Folate: 330.18µg (82.55%), Iron: 11.86mg (65.86%), Zinc: 4.46mg (29.76%), Vitamin B3: 4.82mg (24.1%), Vitamin B1: 0.36mg (23.75%), Fiber: 5.88g (23.52%), Vitamin B2: 0.38mg (22.49%), Vitamin B6: 0.42mg (21.1%), Vitamin B12: 1.13µg (18.88%), Phosphorus: 169.17mg (16.92%), Manganese: 0.29mg (14.4%), Magnesium: 54.48mg (13.62%), Calcium: 94.09mg

(9.41%), Vitamin A: 403.18IU (8.06%), Copper: 0.15mg (7.45%), Potassium: 221.92mg (6.34%), Vitamin C: 4.99mg (6.05%), Vitamin K: 5.61µg (5.35%), Vitamin E: 0.27mg (1.8%), Vitamin B5: 0.14mg (1.45%), Selenium: 0.94µg (1.34%)