



Baked Cereal Honey Snack Mix

 Vegetarian  Dairy Free

READY IN



100 min.

SERVINGS



20

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

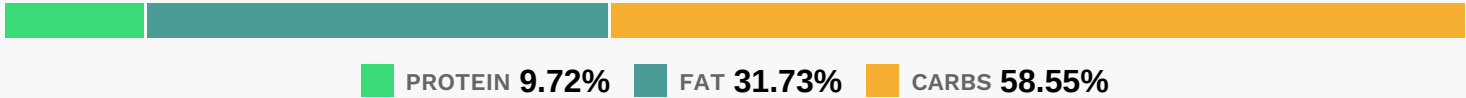
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 27
- ☐ 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:14.98, Glycemic Load:10.5, Inflammation Score:-8, Nutrition Score:24.883913112723%

Nutrients (% of daily need)

Calories: 294.05kcal (14.7%), Fat: 11.31g (17.4%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 46.97g (15.66%), Net Carbohydrates: 40.29g (14.65%), Sugar: 7.54g (8.38%), Cholesterol: 0mg (0%), Sodium: 363.01mg (15.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Vitamin D: 30.19µg (201.29%), Folate: 335.64µg (83.91%), Iron: 12.94mg (71.87%), Zinc: 5.04mg (33.6%), Vitamin B1: 0.41mg (27.64%), Fiber: 6.68g (26.73%), Vitamin B3: 5.14mg (25.71%), Vitamin B6: 0.48mg (23.88%), Vitamin B2: 0.4mg (23.41%), Manganese: 0.47mg (23.36%), Copper: 0.45mg (22.67%), Phosphorus: 215.14mg (21.51%), Magnesium: 80.25mg (20.06%), Vitamin B12: 1.13µg (18.88%), Calcium: 165.2mg (16.52%), Vitamin A: 381.18IU (7.62%), Potassium: 243.89mg (6.97%), Vitamin C: 4.83mg (5.86%), Selenium: 3.5µg (4.99%), Vitamin K: 4.13µg (3.94%), Vitamin E: 0.28mg (1.84%), Vitamin B5: 0.14mg (1.36%)