



Banana Caramel Crunch Chex® Party Mix

READY IN



15 min.

SERVINGS



15

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups corn flakes/bran flakes
- 0.3 cup butter
- 3 cups caramel popcorn
- 2 cups cornflakes
- 0.3 cup t brown sugar dark
- 2 tablespoons corn syrup dark
- 0.5 cup almonds sliced
- 2 tablespoons condensed milk sweetened

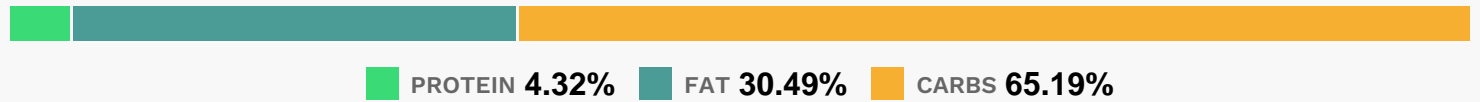
Equipment

- bowl
- microwave
- measuring cup

Directions

- In large bowl, mix cereals, popcorn and almonds; set aside.
- In 2-cup microwaveable measuring cup, microwave butter 30 seconds or until melted; stir in brown sugar, condensed milk and corn syrup; microwave 30 seconds or until boiling, pour over cereal mixture.
- Microwave 2–3 minutes, stirring after each minute, until mixture is glazed.

Nutrition Facts



Properties

Glycemic Index:15.55, Glycemic Load:5.36, Inflammation Score:-5, Nutrition Score:8.4373912552129%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 310.6kcal (15.53%), Fat: 10.99g (16.91%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 52.88g (17.63%), Net Carbohydrates: 48.94g (17.8%), Sugar: 33.93g (37.7%), Cholesterol: 3.27mg (1.09%), Sodium: 198.16mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Iron: 3.55mg (19.73%), Manganese: 0.38mg (18.81%), Fiber: 3.94g (15.77%), Vitamin B3: 2.72mg (13.61%), Folate: 52.98µg (13.25%), Vitamin B2: 0.21mg (12.49%), Vitamin B1: 0.16mg (10.63%), Vitamin E: 1.52mg (10.13%), Magnesium: 39.88mg (9.97%), Phosphorus: 89.87mg (8.99%), Vitamin B6: 0.18mg (8.92%), Vitamin B12: 0.47µg (7.89%), Selenium: 5.46µg (7.8%), Vitamin A: 346.28IU

(6.93%), Copper: 0.13mg (6.28%), Vitamin K: 6.01µg (5.72%), Zinc: 0.7mg (4.68%), Calcium: 43.41mg (4.34%), Potassium: 126.4mg (3.61%), Vitamin D: 0.32µg (2.1%), Vitamin B5: 0.14mg (1.37%), Vitamin C: 0.86mg (1.04%)