



Banana Caramel Crunch Chex® Party Mix

READY IN



15 min.

SERVINGS



15

CALORIES



414 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

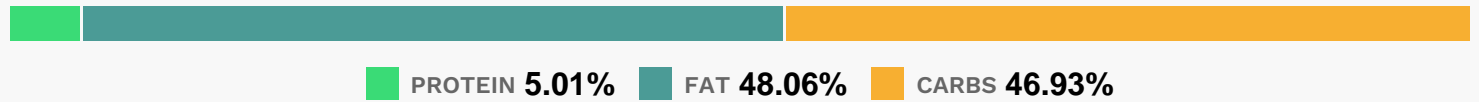
Equipment

- 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:10.73, Glycemic Load:2.96, Inflammation Score:-5, Nutrition Score:12.580000024775%

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 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: 414.25kcal (20.71%), Fat: 23.19g (35.68%), Saturated Fat: 3.49g (21.81%), Carbohydrates: 50.95g (16.98%), Net Carbohydrates: 47.31g (17.2%), Sugar: 33.59g (37.32%), Cholesterol: 3.27mg (1.09%), Sodium: 169.72mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.89%), Manganese: 1.77mg (88.51%), Vitamin E: 3.16mg (21.06%), Magnesium: 72.85mg (18.21%), Iron: 3.05mg (16.96%), Phosphorus: 169.42mg (16.94%), Copper: 0.34mg (16.83%), Vitamin K: 15.63µg (14.89%), Fiber: 3.63g (14.53%), Vitamin B3: 2.62mg (13.11%), Zinc: 1.6mg (10.64%), Vitamin B2: 0.18mg (10.5%), Vitamin B1: 0.16mg (10.38%), Folate: 23.53µg (5.88%), Potassium: 205.44mg

(5.87%), Vitamin B6: 0.1mg (5.23%), Calcium: 43.94mg (4.39%), Vitamin A: 218.16IU (4.36%), Selenium: 2.79µg (3.98%), Vitamin B12: 0.21µg (3.45%), Vitamin B5: 0.15mg (1.47%), Vitamin C: 1mg (1.22%)