



Banana Nut Bread Chex® Party Mix

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



14

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups corn flakes/bran flakes
- 2 cups wheat chex
- 2 cups pinenuts
- 0.5 cup walnuts
- 0.3 cup butter
- 0.3 cup brown sugar packed
- 2 tablespoons plus
- 1 teaspoon vanilla

- 0.5 teaspoon ground cinnamon
- 1 ounce banana with cinnamon

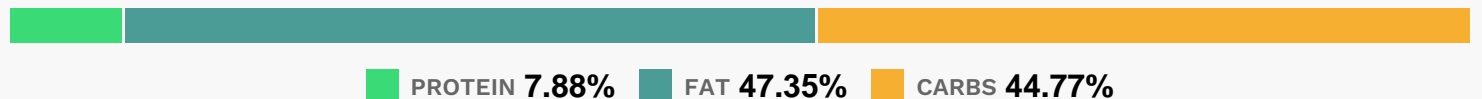
Equipment

- bowl
- microwave
- measuring cup

Directions

- In large microwavable bowl, measure cereals and walnuts; set aside.
- In 2-cup microwavable measuring cup, microwave butter until melted, about 30 seconds. Stir in brown sugar and corn syrup; microwave 30 seconds longer or until mixture is boiling. Stir in vanilla and cinnamon.
- Pour over cereals, stirring until evenly coated.
- Microwave uncovered on High about 3 minutes, stirring every minute, until mixture is glazed. Stir in dried bananas.
- Spread on waxed paper to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:12.22, Glycemic Load:3.31, Inflammation Score:-8, Nutrition Score:29.733043411504%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg

Nutrients (% of daily need)

Calories: 346.69kcal (17.33%), Fat: 20.03g (30.81%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 42.6g (14.2%), Net Carbohydrates: 36.16g (13.15%), Sugar: 11.97g (13.3%), Cholesterol: 0mg (0%), Sodium: 266.81mg (11.6%), Alcohol: 0.1g (100%), Alcohol %: 0.16% (100%), Protein: 7.5g (15%), Vitamin D: 28.94µg (192.96%), Manganese: 2.07mg (103.26%), Folate: 336.89µg (84.22%), Iron: 13.18mg (73.24%), Zinc: 5.45mg (36.36%), Vitamin B1: 0.43mg (28.76%),

Vitamin B3: 5.46mg (27.32%), Phosphorus: 260.46mg (26.05%), Vitamin B2: 0.44mg (25.82%), Fiber: 6.44g (25.77%), Vitamin B6: 0.51mg (25.34%), Magnesium: 97.98mg (24.5%), Vitamin B12: 1.37µg (22.81%), Copper: 0.35mg (17.67%), Vitamin E: 2mg (13.35%), Vitamin A: 655.23IU (13.1%), Vitamin K: 10.62µg (10.11%), Calcium: 87.32mg (8.73%), Potassium: 301.21mg (8.61%), Vitamin C: 4.71mg (5.71%), Selenium: 3.43µg (4.9%), Vitamin B5: 0.15mg (1.49%)