



Black Hills Gold Chex Mix

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 3 cups cornflakes
- ☐ 1 cup golden beets
- ☐ 1 cup celery stalks
- ☐ 0.3 cup butter
- ☐ 2 tablespoons plus light
- ☐ 0.5 cup mango dried chopped
- ☐ 0.5 cup pineapple dried chopped
- ☐ 0.5 cup papaya dried chopped

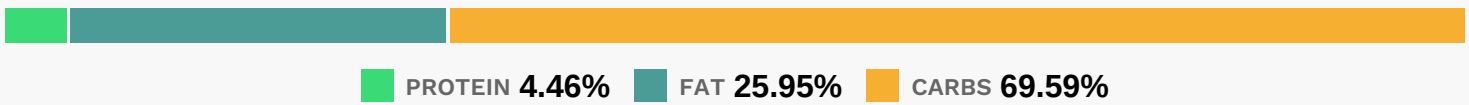
Equipment

- ☐ bowl
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, mix cereals and sesame sticks.
- ☐ In 2-cup microwavable measuring cup, microwave butter uncovered on High about 30 seconds or until melted. Stir in corn syrup.
- ☐ Pour over cereal mixture, stirring until evenly coated.
- ☐ Microwave uncovered on High 4 minutes, stirring and scraping bowl every 2 minutes. Stir in dried fruits.
- ☐ Spread on waxed paper to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:18.65, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:5.3569564689761%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 131.09kcal (6.55%), Fat: 3.92g (6.03%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 22.18g (8.07%), Sugar: 15.08g (16.76%), Cholesterol: 10.17mg (3.39%), Sodium: 99.75mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin A: 1377.78IU (27.56%), Iron: 2.72mg (15.13%), Folate: 42.67µg (10.67%), Vitamin C: 8.35mg (10.12%), Vitamin B6: 0.14mg (7.07%), Vitamin B2: 0.12mg (6.99%), Vitamin B1: 0.1mg (6.85%), Vitamin B3: 1.34mg (6.7%), Vitamin B12: 0.36µg (5.97%), Fiber: 1.46g (5.86%), Manganese: 0.06mg (3%), Vitamin K: 2.97µg (2.83%), Potassium: 82.26mg (2.35%), Magnesium: 7.62mg (1.9%), Vitamin D: 0.25µg (1.68%), Calcium: 16.67mg (1.67%), Phosphorus: 15.41mg (1.54%), Copper: 0.03mg (1.4%),

Selenium: 0.8µg (1.15%), Vitamin E: 0.16mg (1.09%)