



Black Hills Gold Chex Mix



Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup corn flakes/bran flakes golden grahams®
- ☐ 3 cups corn chex corn chex®
- ☐ 2 tablespoons plus light
- ☐ 0.5 cup mango dried chopped
- ☐ 0.5 cup pineapple dried chopped
- ☐ 0.5 cup papaya dried chopped
- ☐ 1 cup sesame seed

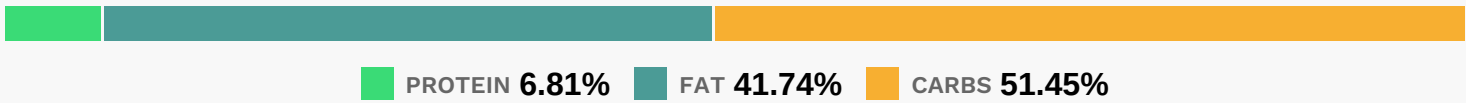
Equipment

- ☐ 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:19.58, Glycemic Load:2.86, Inflammation Score:-8, Nutrition Score:12.559565212416%

Nutrients (% of daily need)

Calories: 211.28kcal (10.56%), Fat: 10.32g (15.88%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 25.4g (9.24%), Sugar: 15.06g (16.73%), Cholesterol: 10.17mg (3.39%), Sodium: 108.25mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin A: 1545.71IU (30.91%), Iron: 5.37mg (29.82%), Copper: 0.54mg (27.03%), Manganese: 0.45mg (22.73%), Folate: 86.65µg (21.66%), Calcium: 159.51mg (15.95%), Vitamin B1: 0.24mg (15.93%), Vitamin B6: 0.28mg (14.13%), Zinc: 2.1mg (13.99%), Magnesium: 54.88mg (13.72%), Fiber: 3.23g (12.92%), Vitamin B3: 2.39mg (11.96%), Vitamin B2: 0.19mg (11.09%), Phosphorus: 105.31mg (10.53%), Selenium: 7.09µg (10.13%), Vitamin C: 7.57mg (9.17%), Vitamin B12: 0.55µg (9.11%), Potassium: 103.32mg (2.95%), Vitamin D: 0.36µg (2.39%), Vitamin E: 0.2mg (1.36%)