



## Caramel Corn Chex® Mix (1/2 )

 Dairy Free

READY IN



60 min.

SERVINGS



9

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups butter-flavored microwave popcorn
- 2 cups cornflakes
- 0.5 cup nuts mixed
- 3 tablespoons butter
- 0.3 cup brown sugar packed
- 2 tablespoons plus light
- 0.3 cup peppermint candies white
- 0.3 cup cranberries dried sweetened

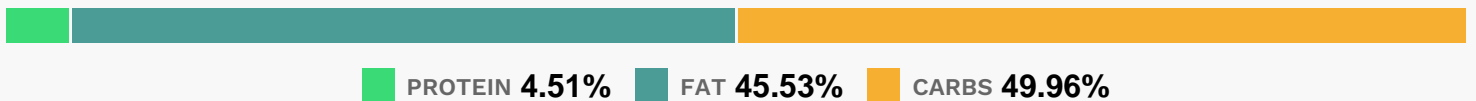
## Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

## Directions

- Remove and discard unpopped kernels from popped popcorn. In medium microwavable bowl, mix popcorn, cereal and nuts; set aside.
- In microwavable measuring cup, microwave butter, brown sugar and corn syrup uncovered on High 45 seconds to 1 minute, stirring halfway through microwave time, until mixture is boiling.
- Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High about 3 minutes, stirring and scaping bowl after every minute, until cereal just begins to turn brown.
- Spread on waxed paper or foil to cool, about 15 minutes, stirring occasionally to break up.
- In medium microwavable bowl, microwave baking chips uncovered on High 30 to 45 seconds, stirring every 15 seconds, until melted and smooth.
- Add 1 1/2 cups of the cooled cereal mixture to melted chips; toss gently until evenly coated.
- Spread on waxed paper or foil. Cool about 30 minutes or until set.
- In serving bowl, mix both cereal mixtures and cranberries. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:12.6, Glycemic Load:1.83, Inflammation Score:-3, Nutrition Score:4.6591304527677%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 207.29kcal (10.36%), Fat: 10.98g (16.89%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 27.1g (9.03%), Net Carbohydrates: 25.75g (9.36%), Sugar: 18.43g (20.48%), Cholesterol: 0mg (0%), Sodium: 118.53mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Iron: 2.21mg (12.3%), Manganese: 0.2mg (9.9%), Vitamin B3: 1.56mg (7.78%), Vitamin B6: 0.15mg (7.37%), Vitamin B1: 0.1mg (6.95%), Vitamin B2: 0.11mg (6.75%), Folate: 26.71µg (6.68%), Copper: 0.13mg (6.28%), Magnesium: 24.05mg (6.01%), Vitamin A: 283.56IU (5.67%), Fiber: 1.35g (5.4%), Vitamin B12: 0.32µg (5.26%), Phosphorus: 49.12mg (4.91%), Zinc: 0.45mg (2.99%), Calcium: 25.43mg (2.54%), Potassium: 83.24mg (2.38%), Vitamin E: 0.29mg (1.95%), Vitamin C: 1.35mg (1.64%), Vitamin D: 0.22µg (1.49%), Vitamin B5: 0.14mg (1.37%), Selenium: 0.84µg (1.2%)