



Caramel Corn Chex® Mix (1/2)

 Dairy Free

READY IN



60 min.

SERVINGS



9

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

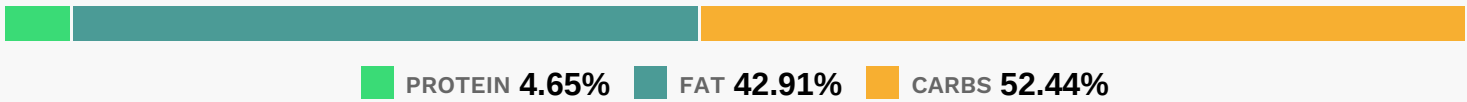
Equipment

- ☐ 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:-4, Nutrition Score:4.7047826401565%

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: 188.25kcal (9.41%), Fat: 8.71g (13.4%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 22.59g (8.21%), Sugar: 15.43g (17.15%), Cholesterol: 0mg (0%), Sodium: 114.98mg (5%), Alcohol: 1.99g (100%), Alcohol %: 5.79% (100%), Protein: 2.12g (4.25%), Iron: 2.22mg (12.34%), Manganese: 0.21mg (10.56%), Vitamin B3: 1.58mg (7.9%), Vitamin B6: 0.15mg (7.44%), Vitamin B2: 0.12mg (7.07%), Vitamin B1: 0.1mg (6.99%), Folate: 26.71µg (6.68%), Copper: 0.13mg (6.48%), Magnesium: 24.74mg (6.19%), Vitamin A: 283.56IU (5.67%), Fiber: 1.35g (5.4%), Vitamin B12: 0.32µg (5.26%), Phosphorus: 49.47mg (4.95%), Zinc: 0.45mg (3.03%), Potassium: 91.8mg (2.62%), Vitamin E: 0.29mg (1.95%), Vitamin C: 1.35mg (1.64%), Calcium: 16.21mg (1.62%), Vitamin D: 0.22µg (1.49%), Vitamin B5: 0.14mg (1.39%), Selenium: 0.84µg (1.2%)