



Caramel Corn Chex™ Mix

 Dairy Free

READY IN



60 min.

SERVINGS



18

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 cups butter-flavored microwave popcorn
- 4 cups cornflakes
- 1 cup nuts mixed
- 0.5 cup butter
- 0.8 cup brown sugar packed
- 0.3 cup plus light
- 0.5 cup peppermint candies white
- 0.5 cup cranberries dried sweetened

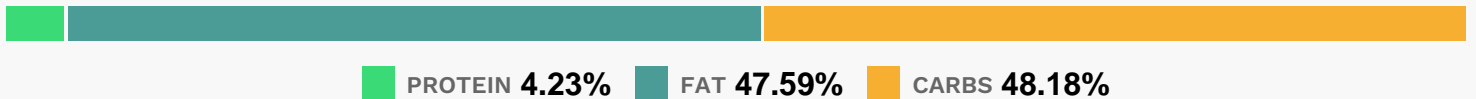
Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

Directions

- Remove and discard unpopped kernels from popped popcorn. In large microwavable bowl, mix popcorn, cereal and nuts; set aside.
- In 2-cup microwavable measuring cup, microwave butter, brown sugar and corn syrup uncovered on High about 1 minute 30 seconds, stirring after 1 minute, until mixture is boiling.
- Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High about 5 minutes, stirring and scraping 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 1 minute to 1 minute 30 seconds, stirring every 30 seconds, until melted and smooth.
- Add 3 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:6.3, Glycemic Load:1.81, Inflammation Score:-4, Nutrition Score:4.7465217774329%

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: 222.51kcal (11.13%), Fat: 12.3g (18.92%), Saturated Fat: 3.92g (24.53%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 26.65g (9.69%), Sugar: 19.3g (21.45%), Cholesterol: 0mg (0%), Sodium: 134.18mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Iron: 2.22mg (12.34%), Manganese: 0.2mg (9.93%), Vitamin B3: 1.56mg (7.78%), Vitamin B6: 0.15mg (7.39%), Vitamin B1: 0.1mg (6.95%), Vitamin A: 342.18IU (6.84%), Vitamin B2: 0.12mg (6.78%), Folate: 26.73µg (6.68%), Copper: 0.13mg (6.3%), Magnesium: 24.19mg (6.05%), Fiber: 1.35g (5.4%), Vitamin B12: 0.32µg (5.29%), Phosphorus: 49.54mg (4.95%), Zinc: 0.45mg (2.99%), Calcium: 26.75mg (2.67%), Potassium: 85.29mg (2.44%), Vitamin E: 0.34mg (2.29%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.22µg (1.49%), Vitamin B5: 0.14mg (1.4%), Selenium: 0.85µg (1.22%)