



WHATSheATE



Caramel Corn Chex® Mix



Dairy Free

READY IN



60 min.

SERVINGS



18

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

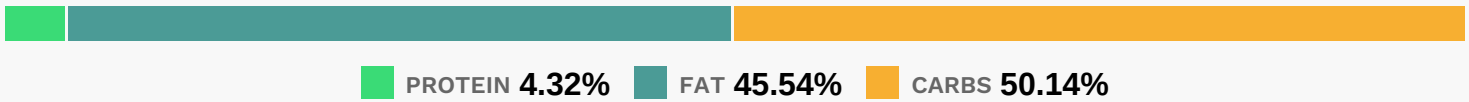
Equipment

- ☐ 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:4.7934782440248%

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: 203.47kcal (10.17%), Fat: 10.03g (15.43%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 24.84g (8.28%), Net Carbohydrates: 23.48g (8.54%), Sugar: 16.3g (18.11%), Cholesterol: 0mg (0%), Sodium: 130.62mg (5.68%), Alcohol: 1.99g (100%), Alcohol %: 5.47% (100%), Protein: 2.14g (4.28%), Iron: 2.23mg (12.38%), Manganese: 0.21mg (10.59%), Vitamin B3: 1.58mg (7.91%), Vitamin B6: 0.15mg (7.47%), Vitamin B2: 0.12mg (7.11%), Vitamin B1: 0.1mg (6.99%), Vitamin A: 342.18IU (6.84%), Folate: 26.73µg (6.68%), Copper: 0.13mg (6.51%), Magnesium: 24.88mg (6.22%), Fiber: 1.35g (5.4%), Vitamin B12: 0.32µg (5.29%), Phosphorus: 49.89mg (4.99%), Zinc: 0.45mg (3.03%), Potassium: 93.84mg (2.68%), Vitamin E: 0.34mg (2.29%), Calcium: 17.53mg (1.75%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.22µg (1.49%), Vitamin B5: 0.14mg (1.42%), Selenium: 0.85µg (1.22%)