



Caribbean Crunch

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups buttered toast
- ☐ 1 cup roasted peanuts salted
- ☐ 1 cup raisins
- ☐ 1 cup banana chips dried
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt

- ☐ 4 cups popped popcorn
- ☐ 1 cup coconut flakes flaked

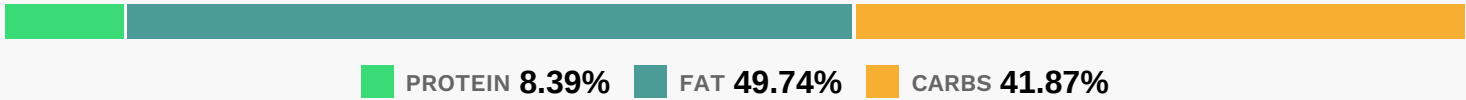
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 300°F.
- ☐ In ungreased 15x10x1-inch pan, mix cereal, peanuts, raisins and banana chips. In 1-quart saucepan, heat butter and honey over low heat until butter is melted. Stir in cinnamon and salt; pour over cereal mixture, tossing until evenly coated.
- ☐ Bake uncovered 10 minutes, stirring once. Stir in popcorn and coconut.
- ☐ Sprinkle with additional salt if desired. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:11.62, Glycemic Load:4.88, Inflammation Score:-2, Nutrition Score:4.3095652342814%

Nutrients (% of daily need)

Calories: 158.67kcal (7.93%), Fat: 9.3g (14.3%), Saturated Fat: 5g (31.25%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 14.93g (5.43%), Sugar: 3.88g (4.31%), Cholesterol: 3.08mg (1.03%), Sodium: 113.76mg (4.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Manganese: 0.44mg (21.88%), Fiber: 2.68g (10.72%), Vitamin B3: 1.55mg (7.73%), Magnesium: 26.52mg (6.63%), Copper: 0.13mg (6.44%), Phosphorus: 60.1mg (6.01%), Potassium: 180.05mg (5.14%), Selenium: 3.57µg (5.09%), Iron: 0.86mg (4.76%), Folate: 18.18µg (4.55%), Vitamin B1: 0.07mg (4.52%), Vitamin B6: 0.06mg (3.22%), Vitamin B2: 0.05mg (2.96%), Zinc: 0.4mg (2.65%), Calcium: 20.37mg (2.04%), Vitamin B5: 0.2mg (1.98%)