



HEALTH SCORE

80%

Chai Crunch



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



22

CALORIES



366 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups cornflakes
- ☐ 3 cups wheat chex
- ☐ 3 cups pinenuts
- ☐ 1.5 cups almonds sliced
- ☐ 1 cup banana chips dried
- ☐ 0.5 cup butter
- ☐ 0.5 cup honey
- ☐ 1 teaspoon non-dairy creamer like mimiccreme dry instant

- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon orange zest dried
- ☐ 1 teaspoon vanilla

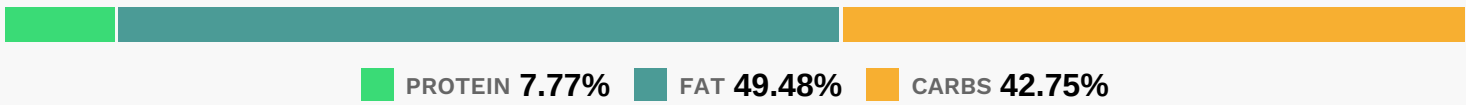
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 300°F. In ungreased large roasting pan, mix cereals, almonds and banana chips.
- ☐ In 1-quart saucepan, melt butter over medium heat.
- ☐ Remove from heat. Stir in honey, dry milk, cardamom, ginger, cinnamon, nutmeg, cloves, orange peel and vanilla until well mixed.
- ☐ Pour over cereal mixture, stirring until evenly coated.
- ☐ Bake 45 to 60 minutes, stirring every 15 minutes, until golden brown.
- ☐ Spread on waxed paper or paper towels; cool about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:3.38, Inflammation Score:-8, Nutrition Score:28.536521890889%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 365.88kcal (18.29%), Fat: 21.92g (33.73%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 42.61g (14.2%), Net Carbohydrates: 36.52g (13.28%), Sugar: 12.48g (13.87%), Cholesterol: 0mg (0%), Sodium: 263.11mg (11.44%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 7.75g (15.49%), Vitamin D: 27.59µg (183.91%), Manganese: 1.9mg (95.07%), Folate: 298.03µg (74.51%), Iron: 12.35mg (68.59%), Zinc: 5.08mg (33.86%), Vitamin B2: 0.47mg (27.59%), Vitamin B1: 0.39mg (26.18%), Vitamin B3: 5.2mg (25.98%), Phosphorus: 247.02mg (24.7%), Fiber: 6.09g (24.37%), Magnesium: 95.79mg (23.95%), Vitamin E: 3.5mg (23.36%), Vitamin B6: 0.45mg (22.53%), Vitamin B12: 1.23µg (20.43%), Copper: 0.33mg (16.36%), Vitamin A: 604.94IU (12.1%), Vitamin K: 10.06µg (9.58%), Calcium: 92.5mg (9.25%), Potassium: 308.59mg (8.82%), Vitamin C: 5.43mg (6.59%), Vitamin B5: 0.13mg (1.3%), Selenium: 0.86µg (1.22%)