



Chex® Apple Cinnamon Sweet Walnut Snack Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



650 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 6 cups cereal apple cinnamon chex®
- ☐ 0.3 cup orange juice concentrate frozen
- ☐ 1 cup cranberries dried sweetened
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup walnut halves

Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, mix cereal and walnuts; set aside.
- ☐ In 2-cup microwavable measuring cup, microwave brown sugar, orange juice concentrate and oil uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture is hot; stir.
- ☐ Pour over cereal mixture, stirring until evenly coated.
- ☐ Microwave uncovered on High 5 minutes, stirring every 2 minutes. Stir in cranberries.
- ☐ Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:2.64, Inflammation Score:-8, Nutrition Score:31.723043503969%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 649.91kcal (32.5%), Fat: 15.32g (23.57%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 167.42g (55.81%), Net Carbohydrates: 71.32g (25.94%), Sugar: 24.54g (27.26%), Cholesterol: 0mg (0%), Sodium: 21.34mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Manganese: 31.54mg (1577%), Fiber: 96.09g (384.37%), Calcium: 1802.73mg (180.27%), Iron: 15.33mg (85.15%), Vitamin K: 63.2µg (60.19%), Copper: 0.85mg (42.6%), Magnesium: 133.9mg (33.48%), Vitamin E: 4.87mg (32.46%), Potassium: 901.66mg (25.76%), Zinc: 3.73mg (24.87%), Vitamin C: 19.83mg (24.04%), Vitamin B6: 0.39mg (19.53%), Phosphorus: 171.07mg (17.11%), Vitamin B3: 2.71mg (13.57%), Vitamin A: 560.01IU (11.2%), Selenium: 6.43µg (9.18%), Vitamin B5: 0.81mg (8.1%), Folate: 31.88µg (7.97%), Vitamin B1: 0.12mg (7.69%), Vitamin B2: 0.11mg (6.73%)