



Chex® Breakfast-to-Go (1/2)

 Dairy Free

READY IN



25 min.

SERVINGS



7

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons sugar
- 0.3 teaspoon ground cinnamon
- 3 tablespoons butter
- 0.5 cup cornflakes
- 0.5 cup rice chex
- 0.5 cup wheat chex
- 0.5 cup pinenuts
- 0.3 cup almonds toasted sliced

0.5 cup banana chips dried

0.3 cup blueberries dried

Equipment

bowl

paper towels

microwave

Directions

In small bowl, mix sugar and cinnamon.

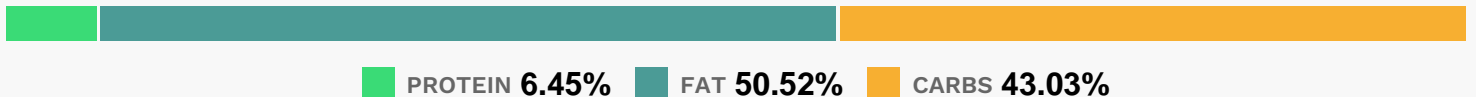
In medium microwavable bowl, microwave butter uncovered on High about 30 seconds or until melted. Stir in cereals and almonds until evenly coated. Microwave uncovered on High 2 minutes, stirring after 1 minute.

Stir in sugar mixture and banana chips until evenly coated. Microwave uncovered on High 1 minute.

Spread on paper towels to cool, about 15 minutes.

Place in serving bowl; stir in blueberries. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:12.16, Glycemic Load:2.43, Inflammation Score:-7, Nutrition Score:18.974347674328%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg 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: 270.19kcal (13.51%), Fat: 16.21g (24.94%), Saturated Fat: 3.41g (21.34%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 26.67g (9.7%), Sugar: 11.24g (12.49%), Cholesterol: 0mg (0%), Sodium: 185.91mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Vitamin D: 14.52µg (96.81%), Manganese: 1.13mg (56.43%), Folate: 171.37µg (42.84%), Iron: 7.28mg (40.44%), Zinc: 2.98mg (19.88%), Fiber: 4.39g (17.54%), Vitamin B2: 0.29mg (17.05%), Vitamin B1: 0.24mg (15.89%), Vitamin B3: 3.14mg (15.7%), Vitamin E: 2.23mg (14.88%), Magnesium: 56.61mg (14.15%), Vitamin B6: 0.28mg (14.14%), Phosphorus: 140.16mg (14.02%), Vitamin B12: 0.75µg (12.55%), Copper: 0.19mg (9.72%), Vitamin A: 473.87IU (9.48%), Potassium: 236.09mg (6.75%), Calcium: 63.01mg (6.3%), Vitamin K: 5.32µg (5.06%), Vitamin C: 3.48mg (4.22%), Selenium: 0.9µg (1.29%), Vitamin B5: 0.13mg (1.27%)