



## Chex® Breakfast-to-Go (1/2 )

 Dairy Free

READY IN



25 min.

SERVINGS



7

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 cup almonds toasted sliced
- 0.5 cup banana chips dried
- 3 tablespoons butter
- 0.5 cup cornflakes
- 0.5 cup rice chex
- 0.3 cup blueberries dried
- 0.3 teaspoon ground cinnamon
- 0.5 cup honey

- 2 tablespoons sugar
- 0.5 cup wheat chex

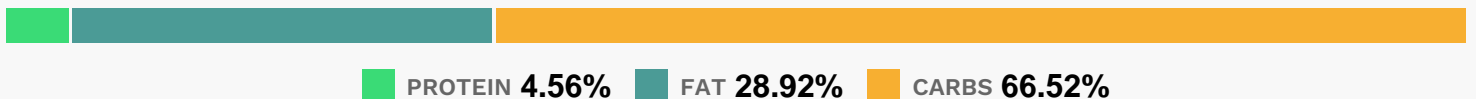
## Equipment

- 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:19.62, Glycemic Load:12.84, Inflammation Score:-6, Nutrition Score:15.307825854939%

## 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: 278.9kcal (13.95%), Fat: 9.61g (14.79%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 49.74g (16.58%), Net Carbohydrates: 45.67g (16.61%), Sugar: 30.78g (34.2%), Cholesterol: 0mg (0%), Sodium: 186.69mg (8.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin D: 14.52µg (96.81%), Folate: 168.58µg (42.14%), Iron: 6.85mg (38.05%), Fiber: 4.08g (16.31%), Vitamin B2: 0.28mg (16.3%), Zinc: 2.41mg (16.08%), Manganese: 0.3mg (14.96%), Vitamin B6: 0.28mg (13.98%), Vitamin B3: 2.75mg (13.73%), Vitamin B1: 0.2mg (13.55%), Vitamin B12: 0.75µg (12.55%), Vitamin A: 471.07IU (9.42%), Vitamin E: 1.33mg (8.89%), Phosphorus: 85.69mg (8.57%), Magnesium: 32.89mg (8.22%), Calcium: 62.92mg (6.29%), Potassium: 191.11mg (5.46%), Vitamin C: 3.52mg (4.27%), Copper: 0.08mg (3.79%), Selenium: 1.03µg (1.47%), Vitamin B5: 0.11mg (1.13%)