



Chex™ Breakfast-to-Go

 Dairy Free

READY IN



25 min.

SERVINGS



14

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup sugar
- 0.5 teaspoon ground cinnamon
- 0.3 cup butter
- 1 cup cornflakes
- 1 cup rice chex
- 1 cup wheat chex
- 1 cup pinenuts
- 0.8 cup almonds toasted sliced

- 1 cup banana chips dried
- 0.5 cup blueberries dried

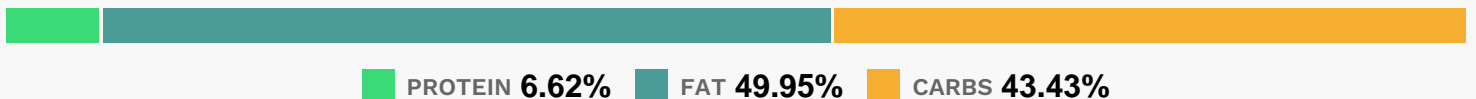
Equipment

- bowl
- paper towels
- microwave

Directions

- In small bowl, mix sugar and cinnamon.
- In large microwavable bowl, microwave butter uncovered on High about 40 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; cool about 15 minutes.
- Place in serving bowl; stir in blueberries. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:2.54, Inflammation Score:-7, Nutrition Score:19.118260927822%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg 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: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg 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: 269.63kcal (13.48%), Fat: 16g (24.62%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 26.86g (9.77%), Sugar: 11.41g (12.68%), Cholesterol: 0mg (0%), Sodium: 180.31mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin D: 14.52µg (96.81%), Manganese: 1.14mg (57.06%), Folate: 171.6µg (42.9%), Iron: 7.3mg (40.56%), Zinc: 3mg (19.99%), Fiber: 4.45g (17.81%), Vitamin B2: 0.3mg (17.4%), Vitamin B1: 0.24mg (15.96%), Vitamin B3: 3.16mg (15.8%), Vitamin E: 2.35mg (15.7%), Magnesium: 58.07mg (14.52%), Phosphorus: 142.66mg (14.27%), Vitamin B6: 0.28mg (14.17%), Vitamin B12: 0.75µg (12.54%), Copper: 0.2mg (10%), Vitamin A: 452.58IU (9.05%), Potassium: 239.85mg (6.85%), Calcium: 64.3mg (6.43%), Vitamin K: 5.32µg (5.06%), Vitamin C: 3.48mg (4.22%), Selenium: 0.93µg (1.33%), Vitamin B5: 0.13mg (1.29%)