



Chex™ Breakfast-to-Go

 Dairy Free

READY IN



25 min.

SERVINGS



14

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

- 0.3 cup sugar
- 1 cup wheat chex

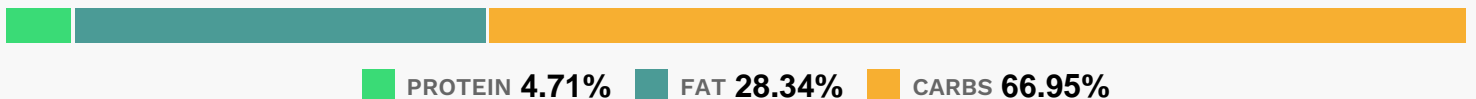
Equipment

- 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:9.81, Glycemic Load:12.94, Inflammation Score:-6, Nutrition Score:15.452608646906%

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: 278.35kcal (13.92%), Fat: 9.41g (14.47%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 50g (16.67%), Net Carbohydrates: 45.85g (16.67%), Sugar: 30.94g (34.38%), Cholesterol: 0mg (0%), Sodium: 181.08mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin D: 14.52µg (96.81%), Folate: 168.81µg (42.2%), Iron: 6.87mg (38.16%), Vitamin B2: 0.28mg (16.66%), Fiber: 4.15g (16.58%), Zinc: 2.43mg (16.2%), Manganese: 0.31mg (15.59%), Vitamin B6: 0.28mg (14.01%), Vitamin B3: 2.77mg (13.83%), Vitamin B1: 0.2mg (13.62%), Vitamin B12: 0.75µg (12.54%), Vitamin E: 1.45mg (9.7%), Vitamin A: 449.79IU (9%), Phosphorus: 88.18mg (8.82%), Magnesium: 34.35mg (8.59%), Calcium: 64.21mg (6.42%), Potassium: 194.88mg (5.57%), Vitamin C: 3.52mg (4.27%), Copper: 0.08mg (4.07%), Selenium: 1.05µg (1.51%), Vitamin B5: 0.11mg (1.15%)