



Chex® Breakfast-to-Go



Dairy Free

READY IN



25 min.

SERVINGS



14

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup almonds toasted sliced
- ☐ 1 cup banana chips dried
- ☐ 0.3 cup butter
- ☐ 1 cup corn chex corn chex®
- ☐ 1 cup cheerios honey nut cheerios®
- ☐ 1 cup rice chex rice chex®
- ☐ 1 cup wheat chex wheat chex®
- ☐ 0.5 cup blueberries dried

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup sugar

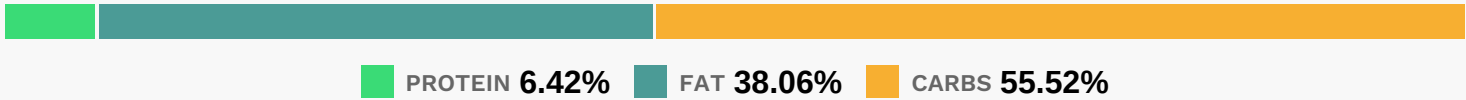
Equipment

- ☐ 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:16.349565413983%

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: 211.37kcal (10.57%), Fat: 9.55g (14.7%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 27.06g (9.84%), Sugar: 11.19g (12.43%), Cholesterol: 0mg (0%), Sodium: 188.91mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin D: 14.57µg (97.16%), Folate: 186.18µg (46.54%), Iron: 7.2mg (40%), Zinc: 2.83mg (18.84%), Manganese: 0.35mg (17.48%), Fiber: 4.29g (17.15%), Vitamin B2: 0.28mg (16.23%), Vitamin B6: 0.3mg (15.05%), Vitamin B3: 3mg (15.02%), Vitamin B1: 0.22mg (14.9%), Vitamin B12: 0.86µg (14.34%), Vitamin A: 534.98IU (10.7%), Vitamin E: 1.46mg (9.76%), Phosphorus: 93.39mg (9.34%), Magnesium: 35.37mg (8.84%), Calcium: 75.17mg (7.52%), Potassium: 192.78mg (5.51%), Vitamin C: 3.73mg (4.52%), Copper: 0.08mg (3.88%), Selenium: 1.33µg (1.91%), Vitamin B5: 0.12mg (1.2%)