



Chex® Moroccan Crunch

 Dairy Free  Very Healthy

READY IN



85 min.

SERVINGS



21

CALORIES



433 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon mint leaves dried
- ☐ 8 cups wheat chex (or combination)
- ☐ 2 cups almonds

- ☐ 1 cup fruit dried chopped
- ☐ 0.3 cup candied ginger finely chopped
- ☐ 3 tablespoons honey

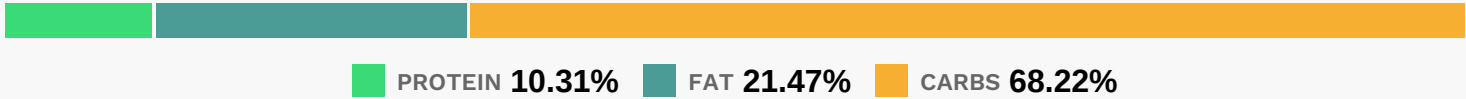
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 250°F.
- ☐ In ungreased large roasting pan, melt butter in oven. Stir in seasonings. Stir in cereal and almonds until evenly coated.
- ☐ Bake 1 hour, stirring every 15 minutes. Stir in dried fruits and ginger.
- ☐ Drizzle with honey. Cool completely, about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:37.665652435759%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 433.25kcal (21.66%), Fat: 11.66g (17.93%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 83.33g (27.78%), Net Carbohydrates: 69.86g (25.4%), Sugar: 15.17g (16.86%), Cholesterol: 0mg (0%), Sodium: 663.74mg (28.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Vitamin D: 76.68µg (511.21%), Folate: 773.36µg

(193.34%), Iron: 28.25mg (156.95%), Zinc: 10.52mg (70.12%), Vitamin B2: 0.98mg (57.41%), Fiber: 13.47g (53.86%), Vitamin B3: 10.14mg (50.68%), Vitamin B1: 0.75mg (49.97%), Vitamin B6: 0.98mg (49.04%), Vitamin B12: 2.88µg (48%), Phosphorus: 356.31mg (35.63%), Magnesium: 114.88mg (28.72%), Vitamin E: 3.6mg (24.02%), Calcium: 232.28mg (23.23%), Vitamin A: 1123.18IU (22.46%), Manganese: 0.33mg (16.51%), Vitamin C: 11.8mg (14.31%), Potassium: 442.11mg (12.63%), Copper: 0.15mg (7.59%)