



## Chex® Pumpkin Pie Crunch

 Vegetarian  Popular

READY IN



15 min.

SERVINGS



16

CALORIES



329 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar
- 0.3 cup butter
- 2 cups cinnamon cinnamon chex®
- 2 cups corn flakes/bran flakes honey nut chex®
- 2 cups wheat chex wheat chex®
- 8 oz pecans
- 1 tablespoon pumpkin pie spice
- 2 teaspoons vanilla

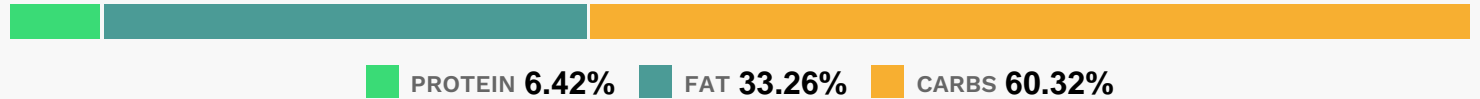
## Equipment

- bowl
- baking sheet
- wax paper
- microwave

## Directions

- In small bowl, mix brown sugar and pumpkin pie spice; set aside. In small microwave-safe dish, microwave butter on High about 30 seconds or until melted. Stir in vanilla. In large microwavable bowl, mix all cereals and pecans.
- Pour butter mixture over cereal mixture, stirring until evenly distributed.
- Add sugar and spice mixture and stir until coated.
- Microwave uncovered on High 5 minutes or until mixture begins to brown, stirring every minute.
- Spread on wax paper or a cookie sheet to cool. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:8.58, Glycemic Load:2.72, Inflammation Score:-8, Nutrition Score:31.427826394206%

## Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg

## Nutrients (% of daily need)

Calories: 329.28kcal (16.46%), Fat: 14.23g (21.89%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 58.06g (19.35%), Net Carbohydrates: 36.25g (13.18%), Sugar: 8.71g (9.67%), Cholesterol: 7.63mg (2.54%), Sodium: 223.85mg (9.73%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 6.17g (12.35%), Manganese: 6.04mg (302.22%), Vitamin D:

25.33µg (168.84%), Fiber: 21.81g (87.23%), Iron: 13.38mg (74.33%), Folate: 290.16µg (72.54%), Calcium: 377.67mg (37.77%), Zinc: 4.75mg (31.67%), Vitamin B1: 0.4mg (26.78%), Vitamin B6: 0.48mg (23.96%), Vitamin B3: 4.56mg (22.78%), Vitamin B2: 0.37mg (21.77%), Vitamin B12: 1.2µg (20%), Magnesium: 72.46mg (18.11%), Phosphorus: 176.47mg (17.65%), Copper: 0.3mg (14.96%), Vitamin A: 624.31IU (12.49%), Vitamin K: 10.15µg (9.66%), Potassium: 327.85mg (9.37%), Vitamin E: 1.01mg (6.75%), Vitamin C: 5.14mg (6.23%), Selenium: 4.19µg (5.99%), Vitamin B5: 0.28mg (2.8%)