



 **78%**
HEALTH SCORE

Cinnamon-Apple Chex® Mix (1/2)

 Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



347 kcal

SIDE DISH

Ingredients

- 2.5 cups wheat chex
- 0.5 cup accompaniment: lightly whipped cream salted whole
- 2 tablespoons butter
- 3 tablespoons brown sugar packed
- 1 tablespoon plus light
- 0.5 teaspoon ground cinnamon
- 0.5 cup apples dried chopped
- 0.3 cup vanilla yogurt

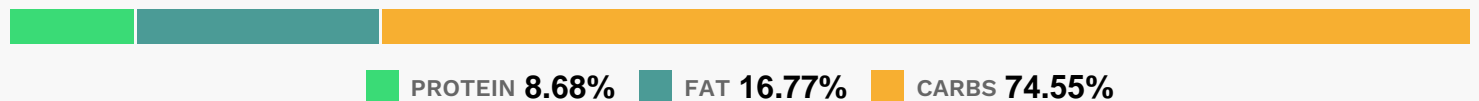
Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

Directions

- In medium microwavable bowl, mix cereal and almonds.
- In microwavable measuring cup, microwave butter, brown sugar, corn syrup and cinnamon uncovered on High 45 to 60 seconds, stirring halfway through microwave time, until mixture is boiling; stir.
- Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 2 minutes, stirring and scraping bowl after 1 minute. Stir in apples; microwave uncovered on High about 1 minute or until apples just begin to brown on edges.
- Spread on waxed paper or foil to cool, about 5 minutes.
- Place in serving bowl; stir in raisins. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:30.493043638442%

Nutrients (% of daily need)

Calories: 347.49kcal (17.37%), Fat: 7.28g (11.2%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 72.83g (24.28%), Net Carbohydrates: 62.86g (22.86%), Sugar: 19.01g (21.12%), Cholesterol: 10.66mg (3.55%), Sodium: 473.28mg (20.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Vitamin D: 62.9µg (419.35%), Folate: 630.14µg (157.53%), Iron: 22.77mg (126.53%), Zinc: 8.35mg (55.65%), Vitamin B2: 0.69mg (40.81%), Vitamin B12: 2.4µg (40.06%), Vitamin B6: 0.8mg (39.95%), Fiber: 9.97g (39.87%), Vitamin B1: 0.6mg (39.67%), Vitamin B3: 7.93mg (39.65%), Phosphorus: 249.37mg (24.94%), Vitamin A: 1023.89IU (20.48%), Calcium: 182.75mg (18.27%), Magnesium: 65.6mg (16.4%), Vitamin C: 9.76mg (11.83%), Potassium: 316.39mg (9.04%), Manganese: 0.03mg (1.49%)