



WHATSheATE



HEALTH SCORE

78%

Cinnamon-Apple Chex® Mix



Very Healthy

READY IN



15 min.

SERVINGS



16

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

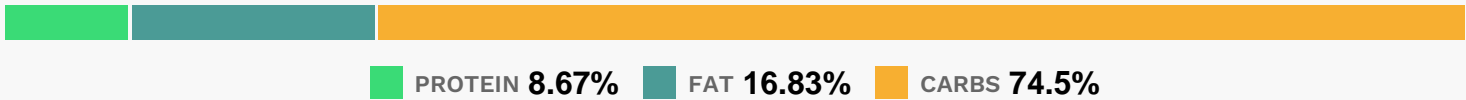
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, mix cereal and almonds.
- ☐ In 2-cup microwavable measuring cup, microwave butter, brown sugar, corn syrup and cinnamon uncovered on High about 2 minutes, stirring after 1 minute, until mixture is boiling; stir.
- ☐ Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 3 minutes, stirring and scraping bowl after every minute. Stir in apples; microwave uncovered on High about 2 minutes 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:3.31, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:30.49565237307%

Nutrients (% of daily need)

Calories: 348.14kcal (17.41%), Fat: 7.32g (11.26%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 72.91g (24.3%), Net Carbohydrates: 62.94g (22.89%), Sugar: 19.09g (21.21%), Cholesterol: 10.66mg (3.55%), Sodium: 473.75mg (20.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Vitamin D: 62.9µg (419.35%), Folate: 630.14µg (157.53%), Iron: 22.78mg (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: 249.38mg (24.94%), Vitamin A: 1025.57IU (20.51%), Calcium: 182.83mg (18.28%), Magnesium: 65.61mg (16.4%), Vitamin C: 9.76mg (11.83%), Potassium: 316.52mg (9.04%), Manganese: 0.03mg (1.5%)