



Cinnamon-Apple Chex® Mix

 Very Healthy

READY IN



15 min.

SERVINGS



16

CALORIES



374 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup lightly almonds salted whole
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 5 cups cereal wheat chex®
- ☐ 2 tablespoons plus light
- ☐ 1 cup apples dried
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup vanilla yogurt-covered raisins

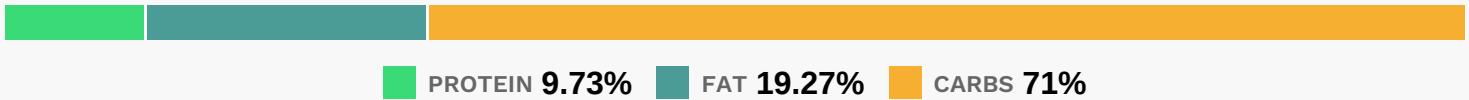
Equipment

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

Directions

- ☐ In large microwaveable bowl, mix cereal and almonds.
- ☐ In 2-cup microwaveable 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 15 minutes.
- ☐ Place in serving bowl, stir in yogurt-covered raisins. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:33.046956521661%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 374.01kcal (18.7%), Fat: 9g (13.85%), Saturated Fat: 1g (6.23%), Carbohydrates: 74.61g (24.87%), Net Carbohydrates: 63.53g (23.1%), Sugar: 18.94g (21.04%), Cholesterol: 0.38mg (0.13%), Sodium: 470.99mg (20.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.45%), Vitamin D: 62.9µg (419.35%), Folate: 634.07µg (158.52%), Iron: 23.11mg (128.37%), Zinc: 8.63mg (57.51%), Vitamin B2: 0.8mg (46.81%), Fiber: 11.09g (44.34%), Vitamin B3: 8.25mg (41.27%), Vitamin B1: 0.61mg (40.89%), Vitamin B6: 0.81mg (40.57%), Vitamin B12: 2.4µg (40.06%), Phosphorus: 292.37mg (29.24%), Magnesium: 89.74mg (22.44%), Calcium: 201.62mg (20.16%), Vitamin A: 916.91IU (18.34%), Vitamin E: 2.43mg (16.21%), Vitamin C: 9.72mg (11.78%), Manganese: 0.23mg (11.71%), Potassium: 382.04mg (10.92%), Copper: 0.11mg (5.29%), Selenium: 0.89µg (1.27%), Vitamin B5: 0.11mg (1.07%)