



Cinnamon-Raisin Snack Mix

 Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



10

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup butter
- ☐ 1.5 cups cornflakes
- ☐ 1.5 cups rice chex
- ☐ 1.5 cups wheat chex
- ☐ 0.5 cup cranberries dried

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ microwave

Directions

- ☐ In small bowl, mix sugar and cinnamon; set aside.
- ☐ In large microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in cereals until evenly coated. Microwave uncovered 2 minutes, stirring after 1 minute.
- ☐ Sprinkle half of the sugar mixture evenly over cereals; stir.
- ☐ Sprinkle with remaining sugar mixture; stir. Microwave uncovered 1 minute. Stir in raisins.
- ☐ Spread on paper towels to cool.

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:3.49, Inflammation Score:-8, Nutrition Score:22.570434552172%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 230.2kcal (11.51%), Fat: 5.5g (8.46%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 46.63g (15.54%), Net Carbohydrates: 41.46g (15.08%), Sugar: 13.89g (15.43%), Cholesterol: 0mg (0%), Sodium: 321.14mg (13.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.83%), Vitamin D: 30.49µg (203.3%), Folate: 347.09µg (86.77%), Iron: 13.48mg (74.88%), Zinc: 4.58mg (30.53%), Vitamin B2: 0.45mg (26.73%), Vitamin B3: 5.31mg (26.57%), Vitamin B6: 0.53mg (26.54%), Vitamin B1: 0.4mg (26.47%), Vitamin B12: 1.57µg (26.24%), Fiber: 5.18g (20.7%), Vitamin A: 731.02IU (14.62%), Phosphorus: 125.44mg (12.54%), Manganese: 0.2mg (10.16%), Calcium: 94.98mg (9.5%), Magnesium: 33.58mg (8.39%), Vitamin C: 6.34mg (7.69%), Potassium: 149.35mg (4.27%), Vitamin E: 0.33mg (2.18%), Selenium: 1.22µg (1.74%), Copper: 0.02mg (1.18%)