



Cinnamon Snack Mix

READY IN



60 min.

SERVINGS



24

CALORIES



309 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 0.5 teaspoon ground cinnamon
- 0.3 cup honey
- 4 cups honey
- 1 teaspoon orange zest grated
- 1 cup pecans
- 1.5 cup raisins
- 2 cups buttered toast
- 3 cups vanilla yogurt

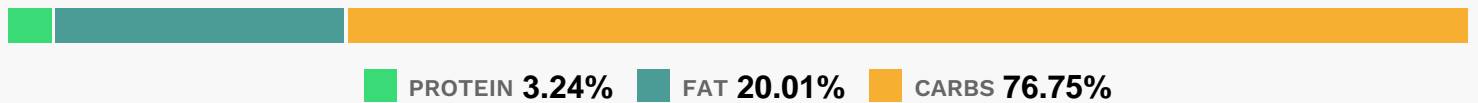
Equipment

- bowl
- frying pan
- oven
- aluminum foil
- microwave
- measuring cup
- broiler pan

Directions

- Heat oven to 350F. In large bowl, mix cereals, raisins and pecans.
- In 2-cup microwavable measuring cup, microwave butter uncovered on High 30 seconds to 1 minute or until melted; stir in honey, orange peel and cinnamon.
- Pour over cereal mixture, tossing to coat evenly.
- Spread evenly in ungreased broiler pan or 15x10x1-inch pan.
- Bake 11 to 13 minutes or until mixture is glazed, stirring once during bake time.
- Spread on foil to cool completely, about 30 minutes. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:29.63, Inflammation Score:-2, Nutrition Score:3.9830434762913%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 309.03kcal (15.45%), Fat: 7.36g (11.32%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 63.51g (21.17%), Net Carbohydrates: 62.26g (22.64%), Sugar: 53.85g (59.84%), Cholesterol: 1.57mg (0.52%), Sodium: 91.95mg (4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Manganese: 0.28mg (14.11%), Vitamin B2: 0.12mg (7.1%), Calcium: 67.83mg (6.78%), Phosphorus: 66.96mg (6.7%), Potassium: 197.22mg (5.63%), Copper: 0.11mg (5.39%), Fiber: 1.26g (5.03%), Selenium: 3.36µg (4.8%), Vitamin B1: 0.07mg (4.43%), Iron: 0.74mg (4.12%), Zinc: 0.62mg (4.11%), Magnesium: 14.97mg (3.74%), Vitamin A: 185.11IU (3.7%), Vitamin B6: 0.06mg (2.84%), Vitamin B12: 0.17µg (2.8%), Vitamin B5: 0.26mg (2.65%), Folate: 9.72µg (2.43%), Vitamin B3: 0.4mg (2.02%), Vitamin E: 0.22mg (1.47%), Vitamin C: 1.2mg (1.46%)