



Corn Flakes Chivda (Spicy Indian Snack Mix)



Vegetarian



Vegan



Dairy Free

READY IN



13 min.

SERVINGS



6

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups corn flakes
- ☐ 0.5 teaspoon cumin seed
- ☐ 0.3 cup golden raisin
- ☐ 1 teaspoon kosher salt for me.
- ☐ 1 teaspoon juice of lime
- ☐ 2 tablespoons oil
- ☐ 0.5 cup peanuts mixed shelled
- ☐ 1 teaspoon chili powder red to taste ()

- ☐ 0.5 teaspoon sugar
- ☐ 0.3 teaspoon turmeric powder

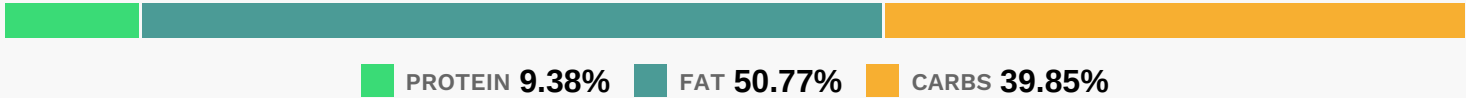
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a pan and add cumin seeds. Wait until they sizzle, then toss in the raisins (or other dried fruit pieces) and nuts. Stir a minute.² Keep on very low heat and stir in the chili powder, turmeric powder, salt and sugar.³
- ☐ Mix in the lime juice, keeping your face averted because the oil will splatter.⁴ Finally gently fold in the cornflakes over low heat for about 3–4 minutes until the cornflakes are well coated with the spice blend. Cool completely before storing in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:2.93, Inflammation Score:-8, Nutrition Score:9.6086956625399%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 182.28kcal (9.11%), Fat: 10.88g (16.74%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 17.2g (6.25%), Sugar: 5.28g (5.87%), Cholesterol: 0mg (0%), Sodium: 498.85mg (21.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Iron: 4.85mg (26.94%), Vitamin B3: 4.57mg (22.83%), Folate: 79.6µg (19.9%), Manganese: 0.38mg (19.22%), Vitamin B1: 0.27mg (18.16%), Vitamin B6: 0.32mg (16.12%), Vitamin B2: 0.24mg (14.41%), Vitamin B12: 0.7µg (11.67%), Copper: 0.17mg (8.26%), Fiber: 2.02g (8.08%), Magnesium: 31.85mg (7.96%), Phosphorus: 70.68mg (7.07%), Vitamin A: 351.41IU (7.03%), Vitamin E: 0.98mg (6.52%), Potassium: 172.46mg (4.93%), Vitamin C: 3.43mg (4.15%), Vitamin K: 3.92µg (3.73%), Vitamin D: 0.5µg (3.36%), Selenium: 2.17µg (3.09%), Zinc: 0.45mg (2.97%), Vitamin B5: 0.26mg (2.6%), Calcium: 20.01mg (2%)