



Cornbread Chex Mix

READY IN



15 min.

SERVINGS



28

CALORIES



145 kcal

Ingredients

- ☐ 8 cups cornflakes
- ☐ 2 cup cashew pieces
- ☐ 0.3 cup butter
- ☐ 0.3 cup sugar
- ☐ 0.3 cup plus light
- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 4 oz corn kernels toasted
- ☐ 1 teaspoon salt

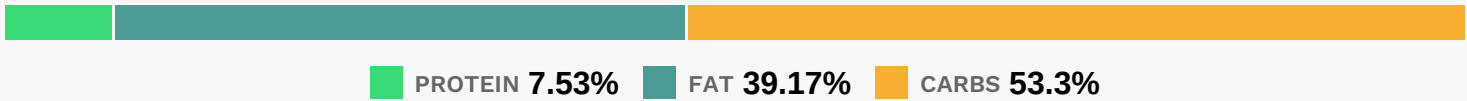
Equipment

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

Directions

- ☐ In large microwavable bowl, mix cereal and pecan halves.
- ☐ In 2-cup microwavable measuring cup, microwave butter, sugar and corn syrup uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until bubbling.
- ☐ Pour over cereal mixture; stir until well coated.
- ☐ Sprinkle dry cornbread mix over top; toss until well coated. Stir in corn kernel nuts.
- ☐ Microwave uncovered on High 4 to 5 minutes, stirring every minute, until dry muffin mix dissolves.
- ☐ Spread on waxed paper or foil; immediately sprinkle with salt. Cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:5.87, Glycemic Load:2.88, Inflammation Score:-4, Nutrition Score:6.1778261143228%

Nutrients (% of daily need)

Calories: 144.92kcal (7.25%), Fat: 6.58g (10.13%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 19.08g (6.94%), Sugar: 8.32g (9.24%), Cholesterol: 4.49mg (1.5%), Sodium: 220.12mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Iron: 3.11mg (17.25%), Vitamin B1: 0.18mg (11.88%), Copper: 0.23mg (11.26%), Phosphorus: 97.33mg (9.73%), Folate: 38.54µg (9.64%), Vitamin B6: 0.19mg (9.58%), Manganese: 0.19mg (9.58%), Vitamin B3: 1.79mg (8.96%), Vitamin B2: 0.15mg (8.8%), Magnesium: 32.22mg (8.05%), Vitamin B12: 0.41µg (6.82%), Zinc: 0.68mg (4.55%), Fiber: 1.08g (4.31%), Selenium: 2.95µg (4.22%), Vitamin A: 202.92IU (4.06%), Vitamin K: 3.61µg (3.44%), Potassium: 87.63mg (2.5%), Vitamin C: 1.8mg (2.18%), Vitamin D: 0.29µg (1.92%), Vitamin B5: 0.15mg (1.46%), Vitamin E: 0.15mg (1.02%)