



Cornbread Chex Mix

READY IN



15 min.

SERVINGS



28

CALORIES



143 kcal

Ingredients

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

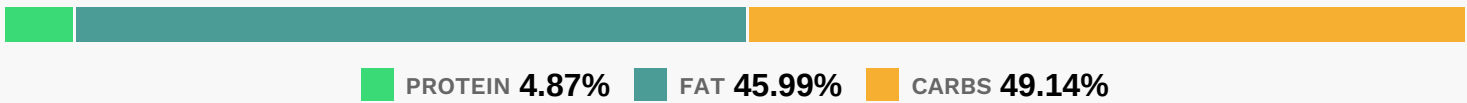
Equipment

- ☐ 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:5.32, Glycemic Load:2.29, Inflammation Score:-3, Nutrition Score:5.5517391147821%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 142.83kcal (7.14%), Fat: 7.64g (11.75%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 16.9g (6.15%), Sugar: 8.05g (8.95%), Cholesterol: 4.49mg (1.5%), Sodium: 219.02mg (9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Manganese: 0.36mg (17.87%), Iron: 2.67mg (14.83%), Vitamin B1: 0.19mg (12.4%), Folate: 37.8µg (9.45%), Vitamin B2: 0.15mg (9.03%), Vitamin B3: 1.78mg (8.88%), Vitamin B6: 0.17mg (8.4%), Vitamin B12: 0.41µg (6.82%), Phosphorus: 62.28mg (6.23%), Fiber: 1.45g (5.81%),

Copper: 0.11mg (5.39%), Vitamin A: 206.88IU (4.14%), Magnesium: 13.87mg (3.47%), Zinc: 0.47mg (3.14%), Vitamin C: 1.83mg (2.22%), Selenium: 1.39µg (1.98%), Vitamin D: 0.29µg (1.92%), Potassium: 55.81mg (1.59%), Vitamin B5: 0.13mg (1.28%), Vitamin E: 0.17mg (1.13%), Calcium: 10.31mg (1.03%)