

# Cornflake Clusters

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



74 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 3 tablespoons butter
- 0.5 cup coconut or flaked
- 0.5 cup plus
- 2 cups cornflakes cereal
- 0.5 cup walnuts chopped
- 3 tablespoons sugar white

## Equipment

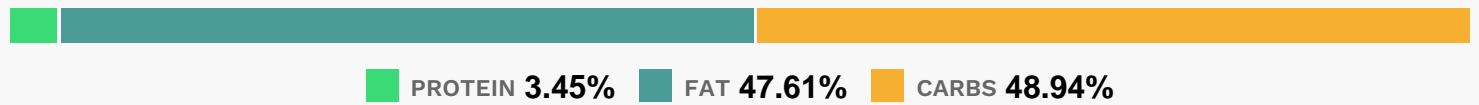
- baking sheet

sauce pan

## Directions

- Combine corn syrup, sugar and butter in medium size sauce pan. Bring to boil over medium heat stirring constantly. Continue boiling 5 minutes, while stirring.
- Remove from heat.
- Add remaining ingredients, mixing thoroughly.
- Drop by level tablespoonfuls onto waxed paper or buttered baking sheets; cool until firm.

## Nutrition Facts



## Properties

Glycemic Index:6.63, Glycemic Load:2.12, Inflammation Score:-1, Nutrition Score:1.8273912979209%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 74.39kcal (3.72%), Fat: 4.18g (6.43%), Saturated Fat: 2.06g (12.91%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 9.14g (3.32%), Sugar: 7.37g (8.19%), Cholesterol: 3.76mg (1.25%), Sodium: 33.39mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Manganese: 0.14mg (6.79%), Iron: 0.81mg (4.47%), Vitamin B6: 0.06mg (3.01%), Vitamin B1: 0.04mg (2.99%), Copper: 0.06mg (2.88%), Folate: 10.93µg (2.73%), Vitamin B2: 0.04mg (2.46%), Vitamin B3: 0.46mg (2.28%), Fiber: 0.53g (2.12%), Vitamin B12: 0.12µg (1.99%), Vitamin A: 85.89IU (1.72%), Magnesium: 6.46mg (1.62%), Phosphorus: 14.88mg (1.49%), Zinc: 0.17mg (1.11%), Selenium: 0.72µg (1.02%)