

 **80%**
HEALTH SCORE

Cranberry-Orange Chex™ Mix

 Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



20

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups cornflakes
- 3 cups rice chex
- 3 cups wheat chex
- 1 cup almonds sliced
- 0.3 cup butter melted
- 0.3 cup brown sugar packed
- 0.3 cup orange juice concentrate frozen thawed ()
- 0.5 cup cranberries dried

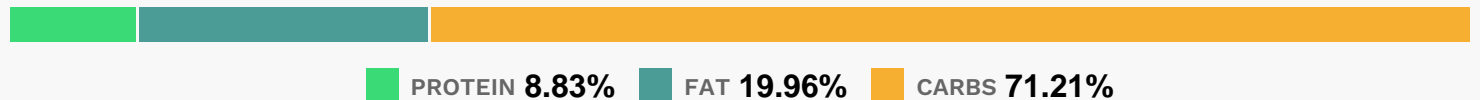
Equipment

- bowl
- oven
- roasting pan
- microwave
- measuring cup

Directions

- Heat oven to 300°F. In large bowl, mix cereals and almonds.
- In microwavable measuring cup, mix butter, brown sugar and juice concentrate. Microwave uncovered on High 30 seconds; stir.
- Pour over cereal mixture, stirring until evenly coated.
- Pour into ungreased large roasting pan.
- Bake uncovered 30 minutes, stirring after 15 minutes. Stir in cranberries. Cool completely, about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0.04, Inflammation Score:-8, Nutrition Score:24.163478323947%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 223.06kcal (11.15%), Fat: 5.47g (8.41%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 43.9g (14.63%), Net Carbohydrates: 38.38g (13.96%), Sugar: 10.62g (11.8%), Cholesterol: 0mg (0%), Sodium: 295.22mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin D: 30.49µg (203.3%), Folate: 351.84µg (87.96%), Iron: 13.65mg (75.83%), Zinc: 4.72mg (31.48%), Vitamin B2: 0.51mg (30.01%), Vitamin B1: 0.42mg (27.71%), Vitamin B3: 5.5mg (27.51%), Vitamin B6: 0.55mg (27.28%), Vitamin B12: 1.57µg (26.2%), Fiber: 5.52g (22.08%), Phosphorus: 148.82mg (14.88%), Vitamin C: 11.47mg (13.9%), Manganese: 0.27mg (13.43%), Vitamin A: 642.43IU (12.85%), Magnesium: 47.16mg (11.79%), Calcium: 107.81mg (10.78%), Vitamin E: 1.37mg (9.13%), Potassium: 205.41mg (5.87%), Copper: 0.07mg (3.58%), Selenium: 1.4µg (1.99%), Vitamin B5: 0.12mg (1.23%)