



Crunchy Cereal Trail Mix

 Vegetarian

READY IN



20 min.

SERVINGS



7

CALORIES



495 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups puffed wheat
- ☐ 1 cup coconut or shredded
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 cup honey
- ☐ 1 cup puffed millet
- ☐ 1.5 cups indian puffed rice
- ☐ 1 cup rolled oats
- ☐ 1 teaspoon salt

- ☐ 3 tablespoons butter unsalted
- ☐ 1.5 cups regular hamburger

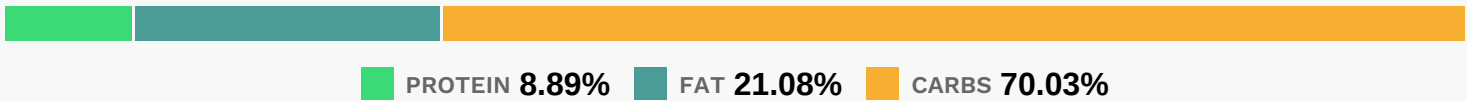
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat the oven to 400 degrees F. Toss the puffed rice, puffed wheat, Chex, puffed millet, oats and coconut on a large rimmed baking sheet.
- ☐ Bake 5 minutes.
- ☐ Meanwhile, melt the butter in a small saucepan over medium heat. Stir in the honey, cinnamon and salt.
- ☐ Pour the butter mixture over the cereal mixture and gently stir with a rubber spatula. Return to the oven; bake until golden brown, 3 to 5 minutes.
- ☐ Let cool completely; store in an airtight container.
- ☐ Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:39.47, Glycemic Load:39.08, Inflammation Score:-8, Nutrition Score:22.668261113374%

Flavonoids

Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 494.66kcal (24.73%), Fat: 12.16g (18.71%), Saturated Fat: 7.14g (44.64%), Carbohydrates: 90.93g (30.31%), Net Carbohydrates: 80.33g (29.21%), Sugar: 22.1g (24.56%), Cholesterol: 12.9mg (4.3%), Sodium: 414.55mg

(18.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.09%), Manganese: 2.32mg (115.89%), Iron: 7.65mg (42.49%), Fiber: 10.6g (42.39%), Copper: 0.78mg (39.08%), Folate: 156.26µg (39.06%), Magnesium: 149.7mg (37.43%), Vitamin B3: 6.61mg (33.06%), Phosphorus: 316.7mg (31.67%), Vitamin B1: 0.4mg (26.85%), Vitamin B2: 0.44mg (26.07%), Zinc: 3.5mg (23.34%), Vitamin B6: 0.35mg (17.74%), Selenium: 9.57µg (13.67%), Potassium: 377.34mg (10.78%), Vitamin B5: 0.97mg (9.7%), Vitamin B12: 0.44µg (7.26%), Calcium: 59.49mg (5.95%), Vitamin A: 294.67IU (5.89%), Vitamin C: 2.24mg (2.72%), Vitamin D: 0.37µg (2.46%), Vitamin E: 0.35mg (2.31%), Vitamin K: 1.53µg (1.45%)