



Curried Cran-Orange Snack Mix

READY IN



55 min.

SERVINGS



11

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter melted
- 1 cup chow mein noodles
- 1.5 cups corn chex
- 2 teaspoons curry powder
- 1 teaspoon basil dried
- 0.8 cup cranberries dried
- 1 teaspoon garlic powder
- 2 tablespoons orange juice
- 1 teaspoon orange zest grated

- 0.3 teaspoon pepper
- 0.3 cup pistachios shelled
- 1 teaspoon salt
- 2 cups wheat chex

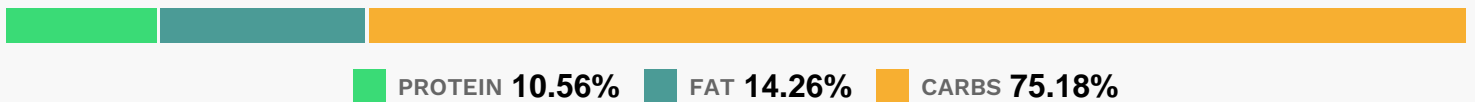
Equipment

- bowl
- oven
- baking pan

Directions

- In a large bowl, combine the cereals, noodles and pistachios; set aside. In a small bowl, combine the butter, orange juice, curry, salt, garlic powder, basil, orange peel and pepper.
- Drizzle over cereal mixture; toss to coat.
- Transfer to a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray.
- Bake at 275° for 40 minutes or until golden brown, stirring every 10 minutes. Stir in cranberries. Cool on wire racks. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:14.73, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:25.1399999993469%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.43mg,

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Nutrients (% of daily need)

Calories: 307.52kcal (15.38%), Fat: 5.31g (8.17%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 62.98g (20.99%), Net Carbohydrates: 55.1g (20.04%), Sugar: 11.99g (13.32%), Cholesterol: 5.47mg (1.82%), Sodium: 640.62mg (27.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin D: 36.73µg (244.89%), Folate: 397.29µg (99.32%), Iron: 15.37mg (85.39%), Zinc: 5.44mg (36.27%), Fiber: 7.88g (31.52%), Vitamin B6: 0.6mg (30.19%), Vitamin B1: 0.43mg (28.85%), Vitamin B2: 0.46mg (27.09%), Vitamin B3: 5.39mg (26.93%), Vitamin B12: 1.58µg (26.33%), Phosphorus: 165.54mg (16.55%), Vitamin A: 684.38IU (13.69%), Calcium: 115.37mg (11.54%), Magnesium: 44.83mg (11.21%), Vitamin C: 8.37mg (10.15%), Potassium: 225.25mg (6.44%), Manganese: 0.11mg (5.73%), Copper: 0.07mg (3.42%), Vitamin E: 0.42mg (2.82%), Vitamin K: 2.81µg (2.68%), Selenium: 0.98µg (1.4%)