



Double Corn Snack

READY IN



60 min.

SERVINGS



24

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 cups corn flakes/bran flakes kix®
- ☐ 1 teaspoon chili powder
- ☐ 6 cups cornflakes
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 cup parmesan cheese grated

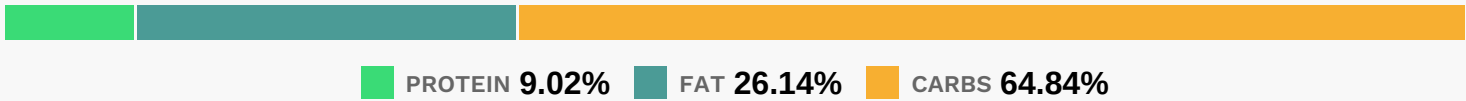
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 300F. In large bowl, mix cereals; set aside.
- ☐ In 1-quart saucepan, heat butter, chili powder, garlic powder and cumin over medium heat, stirring occasionally, until butter is melted.
- ☐ Pour over cereal mixture in bowl, stirring until evenly coated. Immediately sprinkle with cheese, stirring until evenly coated.
- ☐ Spread mixture in ungreased large roasting pan.
- ☐ Bake 30 minutes, stirring every 10 minutes. Cool completely, about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.43, Glycemic Load:4.5, Inflammation Score:-6, Nutrition Score:8.8369564744441%

Nutrients (% of daily need)

Calories: 81.42kcal (4.07%), Fat: 2.56g (3.93%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 12.16g (4.42%), Sugar: 2.54g (2.82%), Cholesterol: 1.21mg (0.4%), Sodium: 153.16mg (6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Iron: 4.89mg (27.17%), Folate: 91.87µg (22.97%), Manganese: 0.37mg (18.71%), Vitamin B1: 0.23mg (15.03%), Vitamin B6: 0.3mg (15.01%), Vitamin B2: 0.25mg (14.89%), Vitamin B3: 2.94mg (14.69%), Vitamin B12: 0.87µg (14.52%), Vitamin A: 497.12IU (9.94%), Selenium: 6.36µg (9.09%), Fiber: 2.11g (8.42%), Magnesium: 26.61mg (6.65%), Phosphorus: 62.34mg (6.23%), Zinc: 0.64mg (4.26%), Vitamin D: 0.59µg (3.93%), Copper: 0.07mg (3.31%), Potassium: 72.47mg (2.07%), Calcium: 18.67mg (1.87%), Vitamin C: 1.48mg (1.8%), Vitamin E: 0.2mg (1.34%), Vitamin B5: 0.11mg (1.11%)