



Ginger Honey Crunch Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



18

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds whole
- ☐ 1 cup banana chips dried
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 6 cups rice chex rice chex® honey nut chex®
- ☐ 1 cup coconut flakes flaked
- ☐ 1.5 teaspoons ground ginger
- ☐ 0.3 cup honey

☐ 0.5 cup cranberries dried sweetened

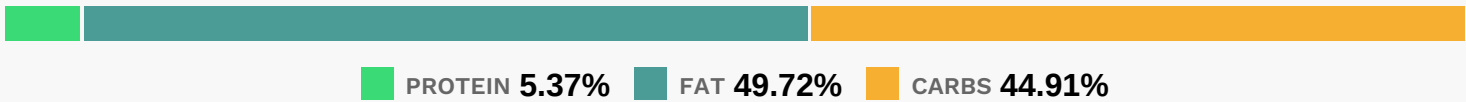
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, mix cereal, banana chips and almonds.
- ☐ In 2-cup microwavable measuring cup, microwave butter, brown sugar, honey and ginger uncovered on High about 2 minutes, stirring after 1 minute, until mixture is boiling; stir.
- ☐ Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 4 minutes, stirring and scraping bowl every minute. Stir in coconut and cranberries; microwave uncovered on High about 3 minutes or until cereal just begins to brown.
- ☐ Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.46, Glycemic Load:2.1, Inflammation Score:-5, Nutrition Score:9.4547825339048%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 194.95kcal (9.75%), Fat: 11.35g (17.46%), Saturated Fat: 4.95g (30.95%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 20.54g (7.47%), Sugar: 12.36g (13.73%), Cholesterol: 0mg (0%), Sodium: 105.91mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Manganese: 0.78mg (38.86%), Iron: 3.6mg (19.97%), Folate: 71.45µg (17.86%), Vitamin E: 2.27mg (15.11%), Vitamin B2: 0.24mg (14.37%), Zinc: 1.65mg (11%), Vitamin B6: 0.21mg (10.44%), Vitamin B3: 2.06mg (10.29%), Fiber: 2.52g (10.07%), Vitamin B1: 0.15mg (9.94%), Vitamin B12: 0.51µg (8.44%), Magnesium: 32.94mg (8.24%), Copper: 0.16mg (7.93%), Phosphorus: 65.49mg (6.55%), Calcium: 61.01mg (6.1%), Vitamin A: 283.5IU (5.67%), Selenium: 3.22µg (4.6%), Potassium: 137.79mg (3.94%), Vitamin C: 2.4mg (2.91%), Vitamin B5: 0.25mg (2.55%), Vitamin D: 0.33µg (2.22%)