



Ginger Honey Crunch Chex Mix



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



18

CALORIES



464 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

☐ 0.5 cup cranberries dried sweetened

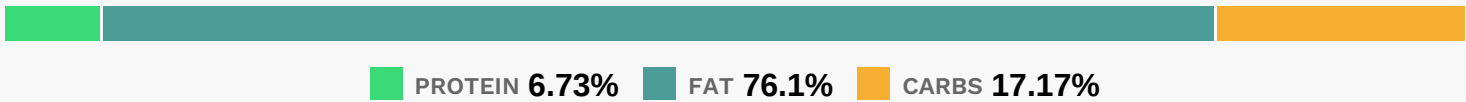
Equipment

- ☐ 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:-6, Nutrition Score:17.117826046665%

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: 464.04kcal (23.2%), Fat: 41.96g (64.55%), Saturated Fat: 7.11g (44.45%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 17.3g (6.29%), Sugar: 13.25g (14.73%), Cholesterol: 0mg (0%), Sodium: 34mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.7%), Manganese: 4.42mg (220.79%), Vitamin E: 6.43mg (42.89%), Copper: 0.73mg (36.46%), Magnesium: 143.19mg (35.8%), Phosphorus: 310.92mg (31.09%), Vitamin K: 24.59µg (23.42%), Zinc: 3.3mg (22.01%), Iron: 3.09mg (17.15%), Fiber: 4g (16.01%), Vitamin B1: 0.19mg (12.52%), Vitamin B2: 0.2mg (11.91%), Vitamin B3: 2.37mg (11.85%), Potassium: 389.52mg (11.13%), Folate: 20.06µg (5.01%), Vitamin B6: 0.08mg (4.23%), Calcium: 34.91mg (3.49%), Vitamin B5: 0.26mg (2.63%), Vitamin A: 129.87IU (2.6%), Selenium: 1.77µg (2.53%)