



WHATSheATE



Ginger Honey Crunch Chex Mix



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



18

CALORIES



505 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
- ☐ 1 cup coconut flakes flaked
- ☐ 1.5 teaspoons ground ginger
- ☐ 0.3 cup honey
- ☐ 6 cups honey

☐ 0.5 cup cranberries dried sweetened

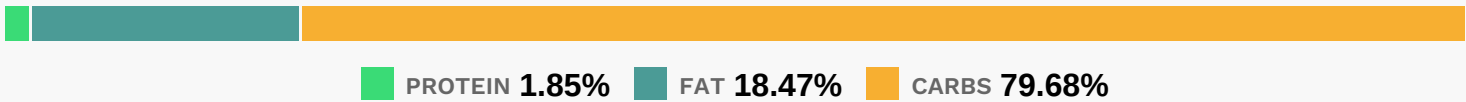
Equipment

- ☐ 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:6.36, Glycemic Load:50.65, Inflammation Score:-2, Nutrition Score:5.2617391654007%

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: 504.71kcal (25.24%), Fat: 11.18g (17.2%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 108.52g (36.17%), Net Carbohydrates: 105.95g (38.53%), Sugar: 104.41g (116.01%), Cholesterol: 0mg (0%), Sodium: 37.62mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.05%), Manganese: 0.55mg (27.27%), Vitamin E: 2.23mg (14.9%), Fiber: 2.56g (10.26%), Copper: 0.18mg (8.79%), Vitamin B2: 0.14mg (8.42%), Magnesium: 32.5mg (8.13%), Iron: 1.07mg (5.96%), Phosphorus: 56.69mg (5.67%), Potassium: 179.63mg (5.13%), Zinc: 0.65mg (4.32%), Vitamin B6: 0.07mg (3.47%), Calcium: 34.49mg (3.45%), Selenium: 2.36µg (3.37%), Vitamin B3: 0.53mg (2.65%), Vitamin A: 116.82IU (2.34%), Vitamin B5: 0.2mg (1.99%), Folate: 7.02µg (1.75%), Vitamin B1: 0.02mg (1.6%), Vitamin C: 0.97mg (1.18%)