



Gingered Cereal Snack Mix

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 4 cups corn flakes/bran flakes oatmeal crisp®
- ☐ 0.3 cup coconut or
- ☐ 1 tablespoon candied ginger chopped
- ☐ 7 oz fruit jell-o® mix dried
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons butter

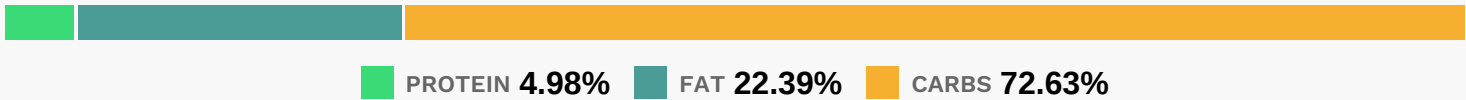
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 300F. In large bowl, mix cereal, almonds, crystallized ginger and dried fruit.
- ☐ In 1-quart saucepan, heat brown sugar, ground ginger and vegetable oil spread over low heat, stirring occasionally, until spread is melted; stir in coconut.
- ☐ Pour sugar mixture over cereal mixture; toss until evenly coated.
- ☐ Spread in ungreased 15x10x1-inch pan.
- ☐ Bake 15 minutes, stirring twice. Cool 5 minutes. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:7.69, Glycemic Load:6.03, Inflammation Score:-6, Nutrition Score:9.3030434328577%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 151.36kcal (7.57%), Fat: 4g (6.15%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 25.53g (9.28%), Sugar: 15.7g (17.44%), Cholesterol: 0mg (0%), Sodium: 105.39mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Manganese: 0.59mg (29.49%), Iron: 4.3mg (23.9%), Folate:

90.57µg (22.64%), Fiber: 3.63g (14.53%), Vitamin B2: 0.22mg (12.77%), Vitamin B1: 0.18mg (12%), Vitamin B3: 2.34mg (11.71%), Vitamin B6: 0.23mg (11.68%), Vitamin B12: 0.67µg (11.15%), Selenium: 7.37µg (10.54%), Magnesium: 38.63mg (9.66%), Vitamin A: 429.42IU (8.59%), Phosphorus: 74.9mg (7.49%), Vitamin E: 0.83mg (5.55%), Copper: 0.1mg (5.14%), Zinc: 0.77mg (5.13%), Calcium: 39.57mg (3.96%), Potassium: 103.91mg (2.97%), Vitamin D: 0.44µg (2.93%), Vitamin B5: 0.14mg (1.41%)