



Gingered Cereal Snack Mix

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

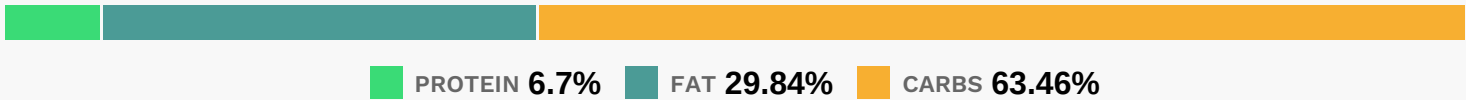
Equipment

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

Directions

- ☐ Heat oven to 300°F. 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:9.2347825014073%

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: 111.01kcal (5.55%), Fat: 4.01g (6.17%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 16.01g (5.82%), Sugar: 9.64g (10.71%), Cholesterol: 0mg (0%), Sodium: 96.62mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Manganese: 0.59mg (29.71%), Folate: 90.9µg (22.73%), Iron:

3.97mg (22.05%), Vitamin B2: 0.22mg (13.01%), Fiber: 3.19g (12.74%), Vitamin B1: 0.18mg (12.13%), Vitamin B3: 2.41mg (12.03%), Vitamin B6: 0.24mg (11.82%), Vitamin B12: 0.67µg (11.15%), Selenium: 7.37µg (10.54%), Magnesium: 39.45mg (9.86%), Vitamin A: 466.79IU (9.34%), Phosphorus: 76.89mg (7.69%), Copper: 0.12mg (5.76%), Vitamin E: 0.83mg (5.55%), Zinc: 0.78mg (5.23%), Potassium: 118.63mg (3.39%), Vitamin D: 0.44µg (2.93%), Calcium: 18.4mg (1.84%), Vitamin B5: 0.15mg (1.48%)