



Gluten-Free Cranberry Nut Cinnamon Chex® Mix

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups corn flakes/bran flakes
- 1 cup walnut halves
- 0.3 cup brown sugar packed
- 0.3 cup orange juice concentrate frozen
- 2 tablespoons vegetable oil
- 0.5 cup cranberries dried sweetened

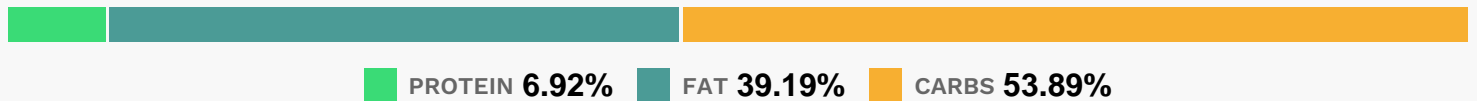
Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

Directions

- In large microwavable bowl, mix cereal and walnuts; set aside.
- In 2-cup microwavable measuring cup, microwave brown sugar, orange juice concentrate and oil on High 1 minute; stir. Microwave about 1 minute longer, stirring after 30 seconds, until mixture is hot.
- Pour over cereal mixture, stirring until evenly coated.
- Microwave uncovered on High 5 minutes, stirring every 2 minutes. Stir in cranberries.
- Spread on waxed paper or foil to cool. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:5.77, Glycemic Load:6.84, Inflammation Score:-6, Nutrition Score:11.312608703323%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 143.35kcal (7.17%), Fat: 6.84g (10.52%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 17.67g (6.42%), Sugar: 10.38g (11.54%), Cholesterol: 0mg (0%), Sodium: 82.61mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Manganese: 0.8mg (39.96%), Folate: 110.67µg (27.67%), Iron: 4.47mg (24.82%), Vitamin B1: 0.23mg (15.51%), Vitamin B6: 0.31mg (15.43%), Fiber: 3.48g (13.92%), Vitamin B2: 0.23mg (13.52%), Vitamin B3: 2.66mg (13.3%), Vitamin B12: 0.75µg (12.5%), Magnesium: 47.92mg (11.98%), Selenium: 8.31µg (11.88%), Copper: 0.2mg (9.89%), Phosphorus: 95.8mg (9.58%), Vitamin C: 6.54mg (7.92%), Vitamin A: 393.28IU (7.87%), Zinc: 0.99mg (6.59%), Potassium: 146.54mg (4.19%), Vitamin K: 3.84µg (3.66%), Vitamin D: 0.5µg (3.3%), Vitamin E: 0.41mg (2.75%), Vitamin B5: 0.21mg (2.09%), Calcium: 18.65mg (1.86%)