



## Gluten-Free Ginger Rice Crunch

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



154 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
- 6 cups corn flakes/bran flakes gluten free rice chex® ()
- 1 cup coconut flakes flaked
- 1.5 teaspoons ground ginger
- 0.3 cup honey

0.5 cup cranberries dried sweetened

## Equipment

bowl

sauce pan

oven

roasting pan

aluminum foil

## Directions

Heat oven to 250°F. Spray large roasting pan with cooking spray. In 1-quart saucepan, heat brown sugar, butter, honey and ginger to boiling.

Remove from heat; cool slightly.

Into roasting pan, measure cereal, banana chips, almonds and coconut. Stir in brown sugar mixture until evenly coated.

Bake 50 minutes, stirring every 15 minutes.

Spread on waxed paper or foil; cool about 15 minutes.

Place in serving bowl; stir in cranberries. Store in airtight container.

## Nutrition Facts



**PROTEIN 6.32%** **FAT 46.52%** **CARBS 47.16%**

## Properties

Glycemic Index:5.61, Glycemic Load:6.07, Inflammation Score:-6, Nutrition Score:9.0091304364412%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg,  
Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## **Nutrients (% of daily need)**

Calories: 153.7kcal (7.68%), Fat: 8.6g (13.22%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 16.02g (5.83%), Sugar: 10.59g (11.77%), Cholesterol: 0mg (0%), Sodium: 78.82mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Manganese: 0.7mg (34.9%), Iron: 3.25mg (18.05%), Folate: 70.27µg (17.57%), Fiber: 3.58g (14.33%), Vitamin B2: 0.22mg (12.66%), Vitamin E: 1.75mg (11.68%), Magnesium: 45.58mg (11.4%), Vitamin B6: 0.2mg (10.09%), Vitamin B1: 0.15mg (9.86%), Vitamin B3: 1.97mg (9.83%), Selenium: 6.34µg (9.06%), Phosphorus: 84.03mg (8.4%), Vitamin B12: 0.5µg (8.37%), Copper: 0.15mg (7.57%), Vitamin A: 337.62IU (6.75%), Zinc: 0.8mg (5.33%), Potassium: 143.95mg (4.11%), Calcium: 25.18mg (2.52%), Vitamin D: 0.33µg (2.2%), Vitamin B5: 0.18mg (1.79%)