



Gluten-Free Ginger Rice Crunch

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



146 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
- ☐ 6 cups rice chex gluten free ()
- ☐ 1.5 teaspoons ground ginger
- ☐ 0.3 cup honey

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0.5 cup cranberries dried sweetened

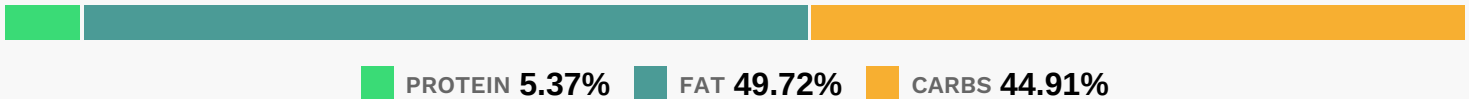
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 250F. 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



Properties

Glycemic Index:2.59, Glycemic Load:1.57, Inflammation Score:-4, Nutrition Score:7.0913042322449%

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: 146.21kcal (7.31%), Fat: 8.51g (13.1%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 15.41g (5.6%), Sugar: 9.27g (10.3%), Cholesterol: 0mg (0%), Sodium: 79.43mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Manganese: 0.58mg (29.14%), Iron: 2.7mg (14.98%), Folate: 53.59µg (13.4%), Vitamin E: 1.7mg (11.33%), Vitamin B2: 0.18mg (10.78%), Zinc: 1.24mg (8.25%), Vitamin B6: 0.16mg (7.83%), Vitamin B3: 1.54mg (7.72%), Fiber: 1.89g (7.55%), Vitamin B1: 0.11mg (7.45%), Vitamin B12: 0.38µg (6.33%), Magnesium: 24.71mg (6.18%), Copper: 0.12mg (5.95%), Phosphorus: 49.12mg (4.91%), Calcium: 45.75mg (4.58%), Vitamin A: 212.63IU (4.25%), Selenium: 2.42µg (3.45%), Potassium: 103.34mg (2.95%), Vitamin C: 1.8mg (2.19%), Vitamin B5: 0.19mg (1.91%), Vitamin D: 0.25µg (1.67%)