



Gluten-Free Snickerdoodle Chex® Mix

 Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



81 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 2 cups corn flakes/bran flakes
- 2 cups corn flakes/bran flakes
- 1 teaspoon ground cinnamon
- 4 cups popped popcorn
- 0.3 cup sugar

Equipment

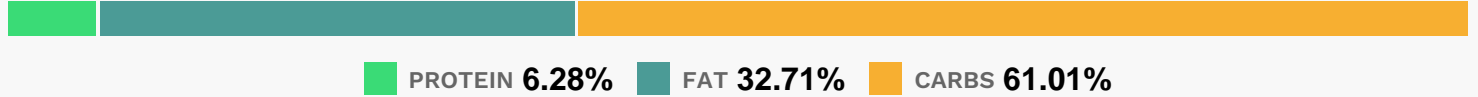
- bowl

- paper towels
- microwave
- measuring cup

Directions

- In small bowl, mix sugar and cinnamon; set aside. In large microwavable bowl, mix cereals and popcorn.
- In 1-cup microwavable measuring cup, microwave butter uncovered on High about 40 seconds or until melted.
- Pour over cereal mixture, stirring until evenly coated.
- Microwave uncovered on High 2 minutes, stirring after 1 minute.
- Sprinkle half of the sugar mixture evenly over cereal mixture; stir.
- Sprinkle with remaining sugar mixture; stir. Microwave 1 minute longer.
- Spread on waxed paper or paper towels to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:17.87, Glycemic Load:7.83, Inflammation Score:-5, Nutrition Score:6.4104348120644%

Nutrients (% of daily need)

Calories: 81.28kcal (4.06%), Fat: 3.2g (4.93%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 11.14g (4.05%), Sugar: 5.01g (5.56%), Cholesterol: 0mg (0%), Sodium: 87.71mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Manganese: 0.41mg (20.47%), Folate: 67.6µg (16.9%), Iron: 2.9mg (16.11%), Fiber: 2.3g (9.18%), Vitamin B1: 0.13mg (8.88%), Vitamin B6: 0.17mg (8.74%), Vitamin B3: 1.74mg (8.68%), Vitamin B2: 0.14mg (8.48%), Vitamin B12: 0.5µg (8.39%), Vitamin A: 382.63IU (7.65%), Selenium: 5.27µg (7.53%), Magnesium: 27.04mg (6.76%), Phosphorus: 55.64mg (5.56%), Zinc: 0.59mg (3.92%), Copper: 0.06mg (2.89%), Vitamin D: 0.33µg (2.2%), Potassium: 64.44mg (1.84%), Vitamin E: 0.2mg (1.32%), Vitamin B5: 0.1mg (1.04%)