



Gluten-Free Sweet and Spicy Honey Nut Chex® Mix

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



439 kcal

SIDE DISH

Ingredients

- 0.5 cup roasted peanuts
- 0.8 teaspoon ground cumin
- 0.5 teaspoon ground pepper red (cayenne)
- 2 tablespoons honey
- 4 cups honey
- 0.3 cup roasted sunflower seeds salted hulled (pepitas)
- 0.8 cup raisins

- 0.8 teaspoon salt
- 1 tablespoon water

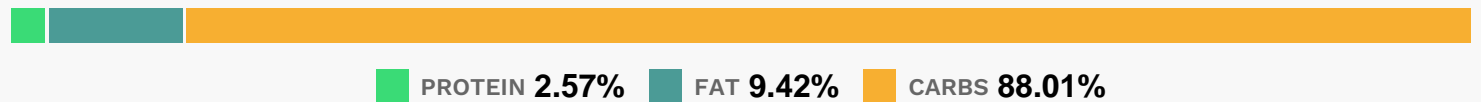
Equipment

- bowl
- aluminum foil
- microwave

Directions

- In large microwavable bowl, mix cereal, peanuts and sunflower nuts; set aside.
- In small bowl, mix honey and warm water. Stir in salt, cumin and red pepper until blended.
- Pour over cereal mixture, stirring until evenly coated.
- Microwave uncovered on High 3 minutes, stirring every minute. Stir in raisins. Microwave 1 minute longer.
- Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:16.7, Glycemic Load:53.89, Inflammation Score:-1, Nutrition Score:4.7895651977995%

Nutrients (% of daily need)

Calories: 439.14kcal (21.96%), Fat: 5g (7.69%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 105.13g (35.04%), Net Carbohydrates: 103.31g (37.57%), Sugar: 95.77g (106.42%), Cholesterol: 0mg (0%), Sodium: 206.67mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Manganese: 0.34mg (17.24%), Vitamin E: 1.39mg (9.28%), Copper: 0.18mg (8.94%), Phosphorus: 78.58mg (7.86%), Fiber: 1.82g (7.3%), Vitamin B3: 1.32mg (6.59%), Selenium: 4.39µg (6.27%), Iron: 1.11mg (6.19%), Potassium: 204.61mg (5.85%), Magnesium: 20.63mg (5.16%), Folate: 19.14µg (4.79%), Vitamin B6: 0.09mg (4.64%), Vitamin B2: 0.08mg (4.57%), Vitamin B5: 0.43mg (4.28%), Zinc: 0.6mg (3.99%), Vitamin B1: 0.04mg (2.83%), Calcium: 20.29mg (2.03%), Vitamin C: 1.19mg (1.44%)