



Gluten-Free Tropical Island Chex® Mix

 Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 cups rice chex
- 1 cup coconut or shredded
- 1 cup banana chips dried
- 7 oz fruit dried
- 3 oz macadamia nuts
- 3 tablespoons butter
- 0.3 cup brown sugar packed
- 0.3 cup orange juice concentrate frozen thawed ()

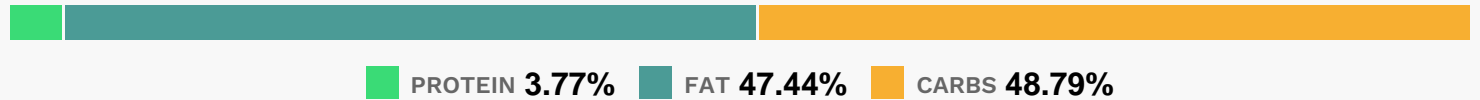
Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

Directions

- In large microwavable bowl, mix cereal, coconut, banana chips, tropical three-fruit mix and nuts.
- In microwavable measuring cup, microwave butter uncovered on High about 30 seconds or until melted. Stir in brown sugar and pineapple juice concentrate. Microwave uncovered on High about 30 seconds or until hot. Stir; pour over cereal mixture, stirring until evenly coated.
- Microwave uncovered on High 6 to 8 minutes, stirring every 2 minutes, until mixture just begins to brown.
- Spread on waxed paper or foil; cool about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:8.7552175625511%

Nutrients (% of daily need)

Calories: 143.71kcal (7.19%), Fat: 7.9g (12.16%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 16.83g (6.12%), Sugar: 7.65g (8.5%), Cholesterol: 0mg (0%), Sodium: 109.96mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Manganese: 0.69mg (34.74%), Iron: 3.97mg (22.03%), Folate: 85.11µg (21.28%), Vitamin B1: 0.22mg (14.56%), Vitamin B6: 0.24mg (11.84%), Vitamin B2: 0.19mg (11.21%), Vitamin B3: 2.24mg (11.18%), Zinc: 1.65mg (10.99%), Vitamin B12: 0.61µg (10.1%), Vitamin C: 8.22mg (9.96%), Vitamin A: 322.08IU (6.44%), Fiber: 1.46g (5.85%), Calcium: 49.66mg (4.97%), Copper: 0.1mg (4.86%), Selenium: 2.78µg (3.98%), Magnesium: 15.33mg (3.83%), Phosphorus: 34.83mg (3.48%), Potassium: 108.67mg (3.1%), Vitamin D: 0.4µg (2.66%), Vitamin B5: 0.26mg (2.59%), Vitamin E: 0.17mg (1.11%)