



Goopy Cheerios Mix



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 box available in the asian foods section of some supermarkets and at asian markets
- ☐ 0.8 cup coconut sweetened
- ☐ 0.5 cup slivered almonds
- ☐ 6 tablespoons butter
- ☐ 1 cup sugar
- ☐ 1 cup plus light

Equipment

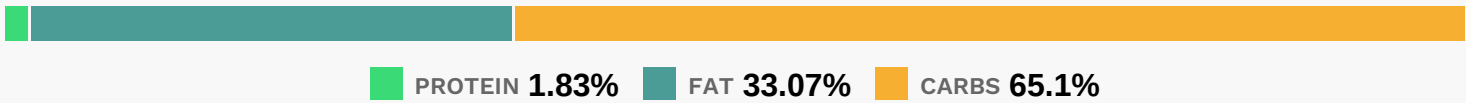
- ☐ bowl

- ☐ sauce pan
- ☐ spatula

Directions

- ☐ In large bowl, combine cereal, coconut and almonds.
- ☐ In 2-quart saucepan, heat butter, sugar and corn syrup to boiling. Boil 2 minutes or until sugar is dissolved.
- ☐ Pour syrup mixture over cereal mixture. Stir with rubber spatula until thoroughly coated.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:15.83, Inflammation Score:-1, Nutrition Score:2.2378260840702%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 245.11kcal (12.26%), Fat: 9.52g (14.65%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 42.16g (14.05%), Net Carbohydrates: 41.07g (14.94%), Sugar: 40.61g (45.12%), Cholesterol: 15.05mg (5.02%), Sodium: 78.02mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Vitamin E: 1.31mg (8.76%), Manganese: 0.15mg (7.73%), Fiber: 1.09g (4.37%), Magnesium: 15.3mg (3.83%), Vitamin A: 179.21IU (3.58%), Vitamin B2: 0.06mg (3.39%), Copper: 0.06mg (3.16%), Phosphorus: 28.69mg (2.87%), Zinc: 0.31mg (2.08%), Selenium: 1.41µg (2.01%), Calcium: 18.25mg (1.83%), Vitamin B1: 0.03mg (1.82%), Potassium: 54.64mg (1.56%), Iron: 0.26mg (1.43%), Vitamin B3: 0.2mg (1.02%)