



Graham Nut Clusters

READY IN



30 min.

SERVINGS



12

CALORIES



929 kcal

SIDE DISH

Ingredients

- 1 cup brown sugar light packed
- 0.5 cup butter
- 1 cup m&m candies
- 0.3 cup plus light
- 6 cups honey
- 1 cup pecans coarsely chopped
- 2 cups pretzel sticks
- 1 cup roasted peanuts

Equipment

- bowl
- frying pan
- sauce pan
- oven
- aluminum foil
- wax paper

Directions

- Preheat oven to 35
- Combine cereal and next 2 ingredients in a very large bowl.
- Melt butter in a 3-qt. saucepan over medium-low heat; stir in sugar and corn syrup. Bring to a boil over medium heat; boil 2 minutes.
- Pour butter mixture over cereal mixture, and stir quickly to coat.
- Spread in a single layer on a lightly greased aluminum foil-lined jelly-roll pan.
- Bake at 350 for 10 minutes.
- Transfer to wax paper, and cool completely (about 10 minutes). Break into pieces, and toss with pretzel sticks and chocolate pieces.

Nutrition Facts



PROTEIN 2.67% **FAT 22.27%** **CARBS 75.06%**

Properties

Glycemic Index:17.86, Glycemic Load:79.87, Inflammation Score:-3, Nutrition Score:8.267826076435%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate:

0.21mg

Nutrients (% of daily need)

Calories: 928.93kcal (46.45%), Fat: 24.51g (37.71%), Saturated Fat: 8.89g (55.54%), Carbohydrates: 185.86g (61.95%), Net Carbohydrates: 182.78g (66.47%), Sugar: 173.81g (193.12%), Cholesterol: 22.94mg (7.65%), Sodium: 257.34mg (11.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.23%), Manganese: 0.93mg (46.48%), Copper: 0.27mg (13.68%), Vitamin B3: 2.64mg (13.22%), Fiber: 3.08g (12.32%), Iron: 1.99mg (11.07%), Magnesium: 39.44mg (9.86%), Folate: 38.08µg (9.52%), Vitamin B1: 0.14mg (9.52%), Phosphorus: 93.98mg (9.4%), Zinc: 1.17mg (7.8%), Potassium: 267.33mg (7.64%), Vitamin B2: 0.12mg (7.1%), Calcium: 69.73mg (6.97%), Vitamin A: 280.28IU (5.61%), Vitamin B6: 0.11mg (5.28%), Selenium: 3.39µg (4.84%), Vitamin B5: 0.43mg (4.29%), Vitamin E: 0.39mg (2.6%), Vitamin C: 1.25mg (1.51%), Vitamin K: 1.24µg (1.18%)