



Honey-Ginger Crunch

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter
- 0.3 cup honey
- 1 teaspoon ground ginger
- 6 cups rice chex
- 2 cups pretzel twists
- 1 cup almonds whole
- 1 cup coconut flakes flaked

1 cup cranberries dried sweetened

Equipment

bowl

sauce pan

oven

roasting pan

aluminum foil

Directions

Heat oven to 250°F. Spray large roasting pan with cooking spray.

In 1-quart saucepan, heat brown sugar, butter, honey and ginger to boiling.

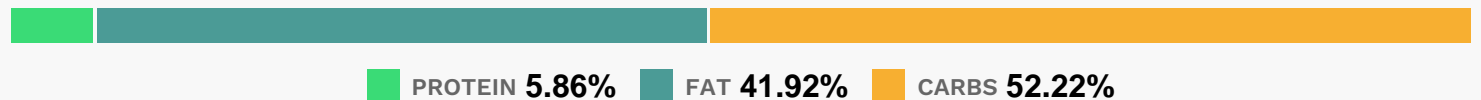
Remove from heat; cool slightly. Into roasting pan, measure cereal, pretzels, almonds and coconut. Stir in brown sugar mixture until evenly coated.

Bake 50 minutes, stirring every 15 minutes.

Spread on waxed paper or foil; cool about 15 minutes.

Place in serving bowl; stir in cranberries. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:3.84, Inflammation Score:-4, Nutrition Score:7.2234783198522%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg,

Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 151.97kcal (7.6%), Fat: 7.45g (11.46%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 19.02g (6.92%), Sugar: 10.67g (11.86%), Cholesterol: 0mg (0%), Sodium: 123.46mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Manganese: 0.55mg (27.7%), Iron: 2.82mg (15.67%), Folate: 59.5µg (14.88%), Vitamin E: 1.76mg (11.74%), Vitamin B2: 0.19mg (11.47%), Vitamin B3: 1.72mg (8.58%), Zinc: 1.25mg (8.33%), Vitamin B1: 0.12mg (8.27%), Vitamin B6: 0.15mg (7.55%), Fiber: 1.86g (7.46%), Vitamin B12: 0.38µg (6.33%), Copper: 0.12mg (5.95%), Magnesium: 23.12mg (5.78%), Phosphorus: 51.83mg (5.18%), Calcium: 46.89mg (4.69%), Vitamin A: 209.68IU (4.19%), Selenium: 2.52µg (3.6%), Potassium: 93.96mg (2.68%), Vitamin C: 1.66mg (2.01%), Vitamin B5: 0.19mg (1.87%), Vitamin D: 0.25µg (1.67%)