



Honey-Ginger Crunch

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

☐ 1 cup cranberries dried sweetened

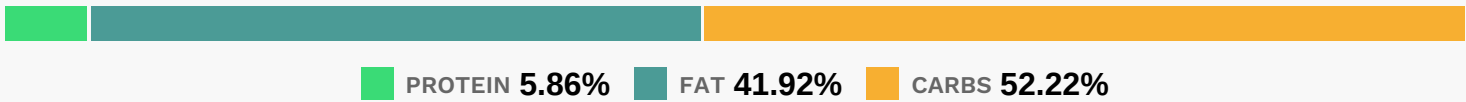
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 250F. 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%)