



## Honey Granola Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 4 cups bread
- ☐ 4 cups pinenuts
- ☐ 0.5 cup hazelnuts coarsely chopped (filberts)
- ☐ 0.5 cup sunflower seeds
- ☐ 0.3 cup butter
- ☐ 0.3 cup honey
- ☐ 1 cup coconut or shredded
- ☐ 0.5 cup raisins

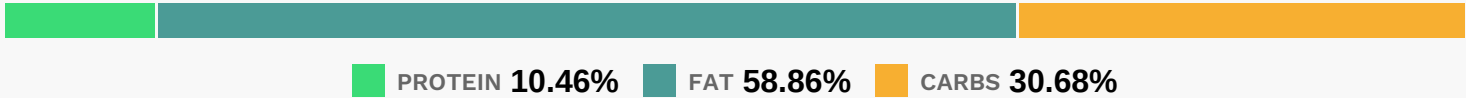
# Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

# Directions

- ☐ In large microwavable bowl, mix cereals, hazelnuts and sunflower nuts.
- ☐ In 2-cup microwavable measuring cup, microwave butter and honey uncovered on High 1 to 2 minutes, stirring every 30 seconds, until mixture comes to a full boil and butter is melted.
- ☐ Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 2 to 4 minutes, stirring every minute, until mixture is well coated and looks glazed.
- ☐ Stir in coconut and raisins. Microwave uncovered on High 2 minutes, stirring after 1 minute.
- ☐ Spread on waxed paper or foil to cool. Stir in airtight container.

# Nutrition Facts



# Properties

Glycemic Index:9.41, Glycemic Load:13.1, Inflammation Score:-5, Nutrition Score:15.814782680701%

# Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

# Nutrients (% of daily need)

Calories: 332.06kcal (16.6%), Fat: 22.78g (35.05%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 22.53g (8.19%), Sugar: 5.84g (6.48%), Cholesterol: 0mg (0%), Sodium: 202.09mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.21%), Manganese: 3.09mg (154.6%), Magnesium: 102.1mg (25.52%), Copper: 0.5mg (25.21%), Vitamin E: 3.75mg (25%), Phosphorus: 245.36mg (24.54%), Vitamin B1:

0.3mg (19.95%), Selenium: 12.25µg (17.5%), Fiber: 4.19g (16.77%), Zinc: 2.4mg (15.97%), Vitamin B3: 3.07mg (15.34%), Iron: 2.69mg (14.95%), Vitamin K: 15.56µg (14.82%), Potassium: 307.53mg (8.79%), Folate: 34.42µg (8.61%), Vitamin B6: 0.17mg (8.32%), Vitamin B2: 0.14mg (8.1%), Calcium: 75.13mg (7.51%), Vitamin B5: 0.41mg (4.11%), Vitamin A: 94.18IU (1.88%)