



WHATSheATE



Honey Granola Chex Mix



Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

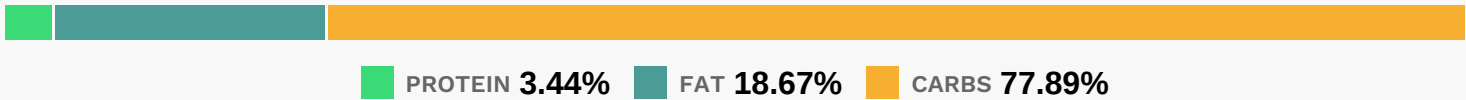
Equipment

- ☐ 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:10.54, Glycemic Load:29.25, Inflammation Score:-6, Nutrition Score:15.690434813499%

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 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: 279kcal (13.95%), Fat: 6.5g (10%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 61.01g (20.34%), Net Carbohydrates: 56.87g (20.68%), Sugar: 51.3g (57%), Cholesterol: 0mg (0%), Sodium: 53.12mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.39%), Vitamin B6: 1.31mg (65.69%), Manganese: 1.08mg (54.03%), Folate: 146.71µg (36.68%), Vitamin B12: 1.95µg (32.42%), Vitamin B1: 0.3mg (19.85%), Vitamin B2: 0.32mg (18.98%),

Fiber: 4.14g (16.54%), Phosphorus: 153.49mg (15.35%), Iron: 2.49mg (13.86%), Magnesium: 53.8mg (13.45%), Copper: 0.25mg (12.3%), Zinc: 1.66mg (11.04%), Vitamin E: 1.56mg (10.41%), Vitamin B3: 1.93mg (9.66%), Potassium: 209.4mg (5.98%), Vitamin A: 267IU (5.34%), Calcium: 50.85mg (5.08%), Selenium: 3.35µg (4.78%), Vitamin C: 2.84mg (3.44%), Vitamin D: 0.44µg (2.96%), Vitamin B5: 0.22mg (2.18%)