



## Honey Nut Cherry Crunch Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



28

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4.5 cups pinenuts
- 4.5 cups rice chex
- 2 cups cashew pieces whole
- 0.3 cup brown sugar packed
- 0.3 cup butter
- 0.3 cup honey
- 1 teaspoon salt
- 1 cup cherries dried

0.3 cup sesame seed toasted

## Equipment

bowl

aluminum foil

microwave

measuring cup

## Directions

In large microwavable bowl, mix cereal and cashews.

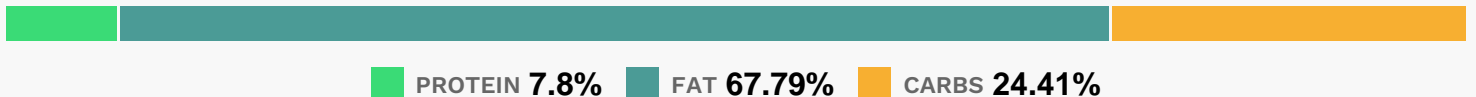
In 2-cup microwavable measuring cup, microwave brown sugar, butter and honey and salt uncovered on High about 1 1/2 minutes, stirring after 1 minute, until mixture comes to a boil. Stir butter mixture.

Pour over cereal mixture; stir until evenly coated.

Microwave uncovered on High 4 minutes, stirring every minute. Stir in cherries and sesame seeds. Microwave an additional 3 minutes, stirring every minute.

Spread on waxed paper or foil to cool. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:4.02, Glycemic Load:1.98, Inflammation Score:-6, Nutrition Score:13.942608714104%

## Nutrients (% of daily need)

Calories: 265.92kcal (13.3%), Fat: 21.26g (32.71%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 15.46g (5.62%), Sugar: 8.31g (9.23%), Cholesterol: 0mg (0%), Sodium: 140.32mg (6.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Manganese: 2.25mg (112.72%), Copper: 0.56mg (27.83%), Magnesium: 87.67mg (21.92%), Iron: 3.55mg (19.74%), Phosphorus: 194.91mg (19.49%), Zinc: 2.65mg (17.64%), Vitamin E: 2.19mg (14.59%), Vitamin K: 14.88µg (14.17%), Vitamin B1: 0.19mg (12.6%), Folate: 43.23µg (10.81%), Vitamin B3: 1.92mg (9.6%), Vitamin B2: 0.13mg (7.6%), Vitamin B6: 0.15mg (7.57%), Fiber: 1.77g (7.06%), Vitamin A: 312.95IU (6.26%), Potassium: 209.82mg (5.99%), Selenium: 3.34µg (4.78%), Calcium: 42.36mg (4.24%), Vitamin B12: 0.24µg (4.08%), Vitamin B5: 0.22mg (2.18%), Vitamin C: 1.2mg (1.46%), Vitamin D: 0.16µg (1.07%)