



## Honey Nut Cherry Crunch Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



28

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

0.3 cup sesame seed toasted

## Equipment

bowl

aluminum foil

microwave

measuring cup

## Directions

In large microwavable bowl, mix cereal and cashews.

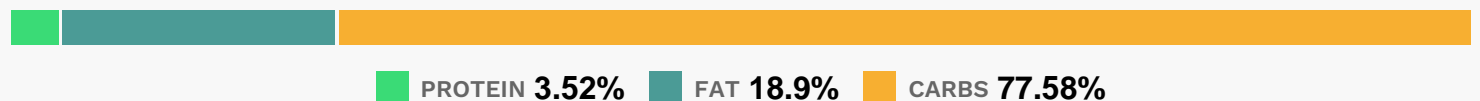
In 2-cup microwavable measuring cup, microwave brown sugar, butter and honey and salt uncovered on High about 1 1/2 minutes, stirring after 1 minute, until mixture comes to a boil. Stir butter mixture.

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:5.88, Glycemic Load:25.39, Inflammation Score:-4, Nutrition Score:6.2465216802514%

## Nutrients (% of daily need)

Calories: 285.53kcal (14.28%), Fat: 6.42g (9.88%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 59.28g (19.76%), Net Carbohydrates: 58.21g (21.17%), Sugar: 52.26g (58.06%), Cholesterol: 0mg (0%), Sodium: 142.07mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.39%), Manganese: 0.39mg (19.41%), Copper: 0.29mg (14.49%), Iron: 2.58mg (14.34%), Folate: 36.95µg (9.24%), Zinc: 1.37mg (9.11%), Magnesium: 34.3mg (8.57%), Vitamin B1: 0.11mg (7.34%), Phosphorus: 72.33mg (7.23%), Vitamin B6: 0.14mg (7.2%), Vitamin A: 306.66IU (6.13%), Vitamin B2: 0.1mg (5.92%), Selenium: 3.63µg (5.18%), Vitamin B3: 1.03mg (5.17%), Fiber: 1.07g (4.29%), Calcium: 42.16mg (4.22%), Vitamin B12: 0.24µg (4.08%), Potassium: 108.63mg (3.1%), Vitamin K: 3.19µg (3.03%), Vitamin B5: 0.19mg (1.87%), Vitamin C: 1.3mg (1.58%), Vitamin E: 0.16mg (1.1%), Vitamin D: 0.16µg (1.07%)