



Honey Nut Cherry Crunch Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



28

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 2 cups cashew pieces whole
- ☐ 4.5 cups corn flakes/bran flakes honey nut chex®
- ☐ 4.5 cups rice chex rice chex®
- ☐ 1 cup cherries dried
- ☐ 0.3 cup honey
- ☐ 1 teaspoon salt

☐ 0.3 cup sesame seed toasted

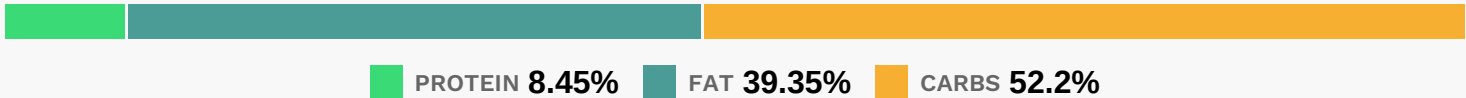
Equipment

- ☐ 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:6.6, Glycemic Load:4.87, Inflammation Score:-6, Nutrition Score:9.5008695903032%

Nutrients (% of daily need)

Calories: 140.99kcal (7.05%), Fat: 6.55g (10.08%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 17.42g (6.34%), Sugar: 8.72g (9.69%), Cholesterol: 0mg (0%), Sodium: 174.6mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Manganese: 0.57mg (28.7%), Iron: 4.15mg (23.07%), Folate: 78.74µg (19.68%), Copper: 0.3mg (15.12%), Vitamin B1: 0.19mg (12.91%), Vitamin B6: 0.24mg (12.01%), Magnesium: 47.93mg (11.98%), Zinc: 1.57mg (10.46%), Vitamin B3: 2.04mg (10.2%), Vitamin B2: 0.17mg (10%), Phosphorus: 99.02mg (9.9%), Vitamin B12: 0.57µg (9.43%), Selenium: 6.57µg (9.38%), Vitamin A: 467.38IU (9.35%), Fiber: 2.14g (8.55%), Calcium: 41.72mg (4.17%), Potassium: 114.56mg (3.27%), Vitamin K: 3.28µg (3.12%), Vitamin D: 0.37µg (2.48%), Vitamin B5: 0.21mg (2.06%), Vitamin E: 0.21mg (1.43%), Vitamin C: 1.03mg (1.25%)