



Honey Nutty Chex® Mix (1/2)

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 4 cups cornflakes
- ☐ 1 cup pinenuts
- ☐ 0.3 cup sunflower seeds
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons honey
- ☐ 0.8 cup m&m candies

Equipment

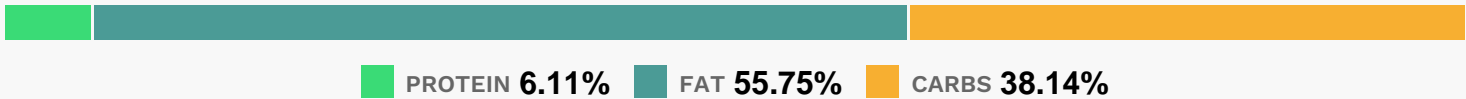
- ☐ bowl

- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, mix cereals and sunflower nuts.
- ☐ In microwavable measuring cup, microwave butter and honey uncovered on High 45 to 60 seconds, 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 3 minutes, stirring every minute, until mixture is well coated and looks glazed.
- ☐ Spread on waxed paper or foil to cool.
- ☐ Place in serving bowl; stir in chocolate candies. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:7.23, Glycemic Load:1.88, Inflammation Score:-5, Nutrition Score:11.546956585801%

Nutrients (% of daily need)

Calories: 261.61kcal (13.08%), Fat: 16.9g (26%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 24.43g (8.88%), Sugar: 14.84g (16.49%), Cholesterol: 2.34mg (0.78%), Sodium: 119.4mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Manganese: 1.28mg (63.79%), Iron: 4.37mg (24.27%), Vitamin E: 2.54mg (16.92%), Vitamin B1: 0.25mg (16.61%), Vitamin B3: 2.88mg (14.41%), Copper: 0.26mg (13.11%), Folate: 52.29µg (13.07%), Vitamin B6: 0.26mg (12.97%), Vitamin B2: 0.22mg (12.67%), Magnesium: 49.31mg (12.33%), Phosphorus: 111.97mg (11.2%), Vitamin B12: 0.56µg (9.38%), Zinc: 1.16mg (7.73%), Vitamin K: 7.28µg (6.93%), Vitamin A: 340.72IU (6.81%), Fiber: 1.59g (6.35%), Selenium: 2.83µg (4.05%), Potassium: 124.38mg (3.55%), Vitamin C: 2.63mg (3.18%), Vitamin D: 0.4µg (2.69%), Calcium: 24.52mg (2.45%), Vitamin B5: 0.11mg (1.11%)