



Honey Nutty Chex™ Mix

 Dairy Free

READY IN



15 min.

SERVINGS



20

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 cups cornflakes
- 2 cups pinenuts
- 0.5 cup sunflower seeds
- 0.3 cup butter
- 0.3 cup honey
- 1.5 cups m&m candies

Equipment

- bowl

- aluminum foil
- microwave
- measuring cup

Directions

- In large microwavable bowl, mix cereals 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.
- 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:3.61, Glycemic Load:1.9, Inflammation Score:-5, Nutrition Score:11.548695735309%

Nutrients (% of daily need)

Calories: 262kcal (13.1%), Fat: 16.93g (26.05%), Saturated Fat: 3.55g (22.21%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 24.46g (8.89%), Sugar: 14.87g (16.52%), Cholesterol: 2.34mg (0.78%), Sodium: 119.75mg (5.21%), 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 (16.93%), 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: 111.98mg (11.2%), Vitamin B12: 0.56µg (9.38%), Zinc: 1.16mg (7.73%), Vitamin K: 7.28µg (6.93%), Vitamin A: 342.06IU (6.84%), Fiber: 1.59g (6.35%), Selenium: 2.83µg (4.05%), Potassium: 124.41mg (3.55%), Vitamin C: 2.63mg (3.18%), Vitamin D: 0.4µg (2.69%), Calcium: 24.53mg (2.45%), Vitamin B5: 0.11mg (1.11%)