



Honey-Roasted Chex® Mix

 Dairy Free

READY IN



55 min.

SERVINGS



15

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cups corn flakes/bran flakes
- ☐ 1.5 cups regular corn bugles®
- ☐ 3 cups cornflakes
- ☐ 2 tablespoons plus light
- ☐ 2 tablespoons honey
- ☐ 0.5 cup roasted peanuts
- ☐ 0.5 teaspoon vanilla

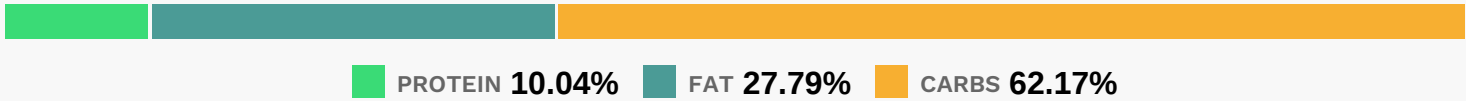
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 325F. In very large bowl, mix cereals, snacks and peanuts.
- ☐ In 1-quart saucepan, heat corn syrup, honey and butter to boiling over medium heat, stirring occasionally.
- ☐ Remove from heat; stir in vanilla.
- ☐ Pour over cereal mixture, stirring until evenly coated.
- ☐ Spread in ungreased 15x10x1-inch pan.
- ☐ Bake 20 minutes, stirring after 10 minutes.
- ☐ Spread on waxed paper or foil to cool, about 15 minutes. Break into bite-size pieces. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:13.27, Glycemic Load:5.62, Inflammation Score:-5, Nutrition Score:6.977391268896%

Nutrients (% of daily need)

Calories: 104.36kcal (5.22%), Fat: 3.51g (5.4%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 17.67g (5.89%), Net Carbohydrates: 15.7g (5.71%), Sugar: 6.79g (7.55%), Cholesterol: 0mg (0%), Sodium: 101.59mg (4.42%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 2.85g (5.71%), Iron: 3.3mg (18.36%), Manganese: 0.34mg (17.13%), Folate: 65.3µg (16.33%), Vitamin B3: 2.88mg (14.42%), Vitamin B1: 0.18mg (11.73%), Vitamin B6: 0.23mg (11.28%), Vitamin B2: 0.17mg (10.25%), Vitamin B12: 0.55µg (9.13%), Fiber: 1.97g (7.88%), Magnesium: 26.71mg (6.68%), Vitamin A: 307.24IU (6.14%), Phosphorus: 60.69mg (6.07%), Selenium: 3.7µg (5.29%), Copper: 0.08mg (3.93%),

Zinc: 0.53mg (3.56%), Potassium: 111.25mg (3.18%), Vitamin B5: 0.25mg (2.52%), Vitamin D: 0.38µg (2.52%), Vitamin C: 2.04mg (2.47%)