



 100%
HEALTH SCORE

Hot Pecan Crunch

 Vegetarian  Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



668 kcal

Ingredients

- 0.3 cup apricots dried chopped
- 0.3 cup milk fat-free
- 1 tsp honey
- 2 Tbsp planters pecans chopped
- 0.5 cup wheat and barley cereal nuggets

Equipment

- bowl
- microwave

Directions

- Mix cereal and milk in microwavable cereal bowl.
- Microwave on HIGH 30 seconds for a BIG crunch or 1 minute for a little crunch.
- Top with apricots and pecans; drizzle with honey.

Nutrition Facts



PROTEIN 9.75% **FAT 20.52%** **CARBS 69.73%**

Properties

Glycemic Index:128.92, Glycemic Load:10.42, Inflammation Score:-10, Nutrition Score:50.132173512293%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg

Nutrients (% of daily need)

Calories: 668.27kcal (33.41%), Fat: 17.14g (26.37%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 131.04g (43.68%), Net Carbohydrates: 111.63g (40.59%), Sugar: 40.59g (45.11%), Cholesterol: 2.45mg (0.82%), Sodium: 716.57mg (31.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.33g (36.67%), Vitamin D: 101.54µg (676.95%), Folate: 1016.15µg (254.04%), Iron: 37.64mg (209.13%), Zinc: 14.63mg (97.52%), Fiber: 19.4g (77.6%), Vitamin B1: 1.13mg (75.09%), Vitamin B2: 1.23mg (72.31%), Vitamin B12: 4.25µg (70.82%), Vitamin B6: 1.4mg (69.8%), Vitamin B3: 13.76mg (68.82%), Phosphorus: 543.61mg (54.36%), Vitamin A: 2607.16IU (52.14%), Manganese: 0.98mg (49.22%), Calcium: 391.71mg (39.17%), Magnesium: 145.18mg (36.3%), Potassium: 1026.89mg (29.34%), Vitamin C: 15.68mg (19%), Copper: 0.36mg (17.78%), Vitamin E: 1.69mg (11.25%), Vitamin B5: 0.64mg (6.37%), Selenium: 3.16µg (4.52%), Vitamin K: 1.71µg (1.63%)