



Indian Spiced Chex® Mix

 Vegetarian

READY IN



15 min.

SERVINGS



22

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups rice chex
- ☐ 3 cups cornflakes
- ☐ 3 cups wheat chex
- ☐ 1 cup cashew pieces
- ☐ 0.5 cup pistachios shelled ()
- ☐ 0.5 cup almonds
- ☐ 1.5 tablespoons butter
- ☐ 3 tablespoons plus light

- ☐ 3 tablespoons honey
- ☐ 0.8 teaspoon salt
- ☐ 0.8 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 Dash ground pepper

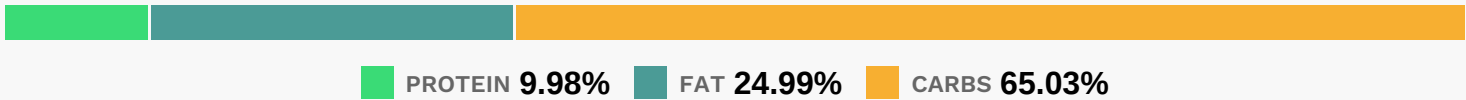
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ In large microwavable bowl, mix cereals, cashews, pistachios, and almonds. In small microwavable bowl, microwave butter uncovered on High about 30 seconds or until melted. Stir in corn syrup and honey; microwave on High about 10 more seconds.
- ☐ Add salt, cardamom, ginger, and cayenne; stir well.
- ☐ Pour over cereal mixture; stir until evenly coated.
- ☐ Microwave mixture uncovered on High 3 minutes, stirring after each minute.
- ☐ Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:9.61, Glycemic Load:2.18, Inflammation Score:-8, Nutrition Score:23.695217391719%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg

0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 228.64kcal (11.43%), Fat: 7.02g (10.8%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 35.86g (13.04%), Sugar: 9.45g (10.5%), Cholesterol: 2.05mg (0.68%), Sodium: 331.13mg (14.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.61%), Vitamin D: 27.72µg (184.81%), Folate: 319.89µg (79.97%), Iron: 12.87mg (71.49%), Zinc: 4.68mg (31.22%), Vitamin B6: 0.56mg (27.87%), Vitamin B1: 0.42mg (27.83%), Vitamin B2: 0.46mg (26.78%), Vitamin B3: 5.02mg (25.11%), Vitamin B12: 1.43µg (23.8%), Fiber: 5.24g (20.95%), Manganese: 0.38mg (18.99%), Phosphorus: 176.95mg (17.69%), Magnesium: 59.69mg (14.92%), Copper: 0.22mg (10.86%), Vitamin A: 516.88IU (10.34%), Calcium: 97.44mg (9.74%), Vitamin C: 5.95mg (7.22%), Vitamin E: 0.99mg (6.6%), Potassium: 224.42mg (6.41%), Selenium: 2.61µg (3.73%), Vitamin K: 2.11µg (2.01%), Vitamin B5: 0.15mg (1.46%)