



Maple Roasted Chex Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



444 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



6 cups pinenuts



1 cup almonds salted



1 cup cranberries dried



0.3 cup plus light



0.3 cup maple syrup dark



0.5 teaspoon peppermint flavoring

Equipment



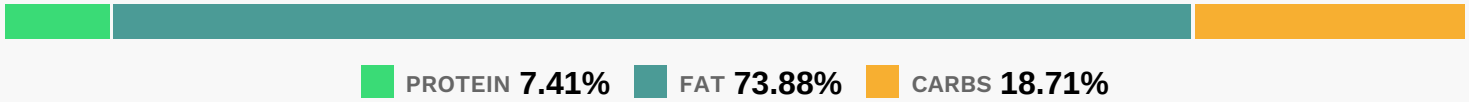
bowl

- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, mix cereal, almonds and cranberries.
- ☐ In 4-cup glass measuring cup, mix corn syrup and maple syrup. Microwave uncovered on High about 1 minute or until boiling; stir in maple flavoring.
- ☐ Pour over cereal mixture, stirring until evenly coated.
- ☐ Microwave uncovered on High 3 to 4 minutes or until cereal begins to brown.
- ☐ Spread on waxed paper. Cool. Break into bite-size pieces. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:4.09, Glycemic Load:2.1, Inflammation Score:-6, Nutrition Score:17.845217463763%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 444.45kcal (22.22%), Fat: 39.18g (60.28%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 18.93g (6.88%), Sugar: 14.81g (16.46%), Cholesterol: 0mg (0%), Sodium: 5.24mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.69%), Manganese: 4.8mg (239.8%), Vitamin E: 7.17mg (47.8%), Copper: 0.77mg (38.25%), Magnesium: 152.61mg (38.15%), Phosphorus: 334.69mg (33.47%), Vitamin K: 27.86µg (26.54%), Zinc: 3.61mg (24.07%), Iron: 3.17mg (17.59%), Vitamin B2: 0.28mg (16.64%), Vitamin B1: 0.21mg (14%), Fiber: 3.39g (13.57%), Vitamin B3: 2.59mg (12.96%), Potassium: 382.83mg (10.94%), Folate: 21.15µg (5.29%), Calcium: 39mg (3.9%), Vitamin B6: 0.06mg (3.14%), Vitamin B5: 0.22mg (2.17%), Selenium: 0.8µg (1.15%)