



Maple Roasted Chex Mix



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup almonds salted



6 cups corn flakes/bran flakes honey nut chex®



0.3 cup plus light



1 cup cranberries dried



0.5 teaspoon peppermint flavoring



0.3 cup maple syrup dark

Equipment



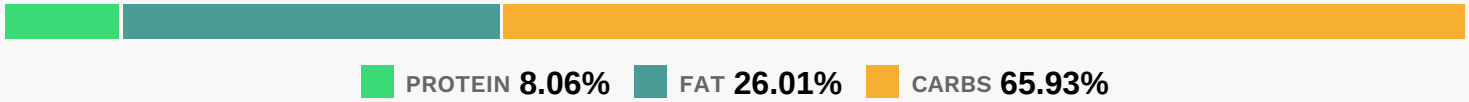
bowl

- ☐ 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:8.61, Glycemic Load:8.84, Inflammation Score:-6, Nutrition Score:12.270869540941%

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: 152.94kcal (7.65%), Fat: 4.87g (7.49%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 23.5g (8.54%), Sugar: 15.79g (17.54%), Cholesterol: 0mg (0%), Sodium: 85.22mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Manganese: 0.88mg (43.76%), Folate: 103.98µg (26%), Iron: 4.57mg (25.37%), Vitamin B2: 0.38mg (22.23%), Vitamin E: 2.56mg (17.08%), Fiber: 4.26g (17.05%), Magnesium: 59.89mg (14.97%), Vitamin B1: 0.22mg (14.72%), Vitamin B3: 2.87mg (14.37%), Vitamin B6: 0.27mg (13.51%), Vitamin B12: 0.75µg (12.5%), Selenium: 8.32µg (11.89%), Phosphorus: 110.95mg (11.09%), Copper: 0.17mg (8.59%), Vitamin A: 375.09IU (7.5%), Zinc: 1.1mg (7.3%), Potassium: 160.55mg (4.59%), Calcium: 37.5mg (3.75%),

Vitamin D: 0.5µg (3.3%), Vitamin B5: 0.19mg (1.89%)