



WHATSHETE



Maple Roasted Chex Mix



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



490 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup almonds salted



0.3 cup plus light



1 cup cranberries dried



6 cups honey



0.5 teaspoon peppermint flavoring



0.3 cup maple syrup dark

Equipment



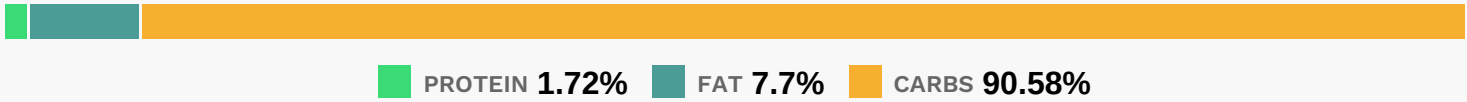
bowl

- ☐ 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:7.36, Glycemic Load:56.72, Inflammation Score:-1, Nutrition Score:4.6760869544485%

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: 490.2kcal (24.51%), Fat: 4.55g (7%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 120.44g (40.15%), Net Carbohydrates: 118.66g (43.15%), Sugar: 117.37g (130.41%), Cholesterol: 0mg (0%), Sodium: 9.31mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Manganese: 0.44mg (22.09%), Vitamin E: 2.45mg (16.31%), Vitamin B2: 0.22mg (12.72%), Copper: 0.14mg (7.13%), Fiber: 1.77g (7.09%), Magnesium: 28.09mg (7.02%), Iron: 0.9mg (5%), Phosphorus: 48.68mg (4.87%), Potassium: 146.7mg (4.19%), Zinc: 0.62mg (4.17%), Calcium: 38.53mg (3.85%), Vitamin B3: 0.52mg (2.61%), Vitamin B6: 0.05mg (2.28%), Selenium: 1.47µg (2.09%), Vitamin B1: 0.03mg (1.72%), Folate: 6.47µg (1.62%), Vitamin B5: 0.14mg (1.45%)