



Monster Munch

 Dairy Free

READY IN



35 min.

SERVINGS



9

CALORIES



409 kcal

SIDE DISH

Ingredients

- 4 cups corn flakes/bran flakes
- 4 cups butter-flavored microwave popcorn
- 1 cup roasted cashews
- 1 cup roasted pumpkin seeds salted
- 0.3 cup butter
- 6 tablespoons brown sugar packed
- 2 tablespoons plus light
- 0.3 teaspoon vanilla

- 0.3 teaspoon pumpkin pie spice
- 1 cup candy corn

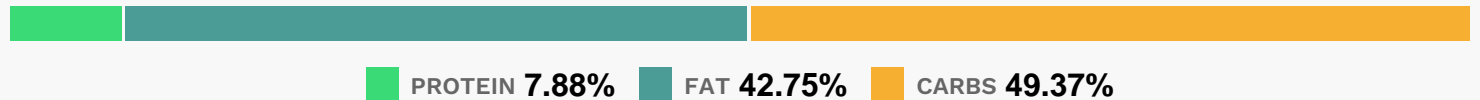
Equipment

- bowl
- microwave

Directions

- In 4-quart microwavable bowl, mix cereal, popcorn, cashews and pumpkin seeds; set aside.
- In medium microwavable bowl, microwave butter, brown sugar, corn syrup and vanilla uncovered on High about 2 minutes or until mixture is boiling, stirring after 1 minute; stir in pumpkin pie spice.
- Pour over cereal mixture, stirring until evenly coated.
- Microwave 5 to 6 minutes, stirring and scraping bowl after every minute.
- Spread on waxed paper to cool, about 15 minutes, stirring occasionally to break up.
- Stir in candy corn. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:10.16, Inflammation Score:-8, Nutrition Score:19.056956407817%

Nutrients (% of daily need)

Calories: 408.5kcal (20.42%), Fat: 20.48g (31.51%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 48.14g (17.51%), Sugar: 31.91g (35.45%), Cholesterol: 0mg (0%), Sodium: 286.18mg (12.44%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 8.5g (16.99%), Manganese: 1.4mg (69.99%), Magnesium: 158.58mg (39.65%), Iron: 7.11mg (39.53%), Folate: 137.44µg (34.36%), Phosphorus: 322.79mg (32.28%), Copper: 0.61mg (30.4%), Fiber: 5.06g (20.26%), Vitamin B3: 3.85mg (19.25%), Zinc: 2.88mg (19.19%), Vitamin B6: 0.37mg (18.64%), Vitamin B1: 0.28mg (18.43%), Selenium: 12.83µg (18.33%), Vitamin B2: 0.3mg (17.91%), Vitamin B12: 0.9µg (14.92%), Vitamin A: 679.79IU (13.6%), Potassium: 319.02mg (9.11%), Vitamin K: 6.34µg (6.04%), Vitamin E: 0.69mg (4.58%), Vitamin B5: 0.44mg (4.39%), Vitamin D: 0.59µg (3.91%), Calcium: 32.17mg (3.22%)