



Pumpkin Spice Chex Mix

 Vegetarian

READY IN



15 min.

SERVINGS



16

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 0.3 cup butter
- ☐ 2 teaspoons vanilla
- ☐ 2 cups corn flakes/bran flakes
- ☐ 2 cups wheat chex
- ☐ 2 cups pinenuts
- ☐ 8 oz pecans

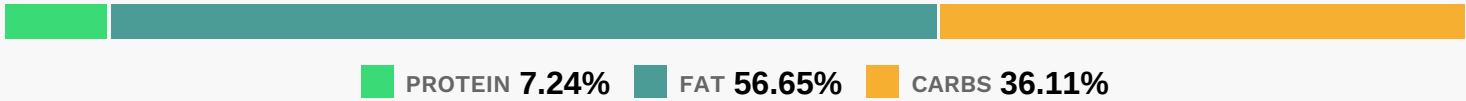
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ wax paper
- ☐ microwave

Directions

- ☐ In small bowl, mix brown sugar and pumpkin pie spice; set aside. In small microwave-safe dish, microwave butter on High about 30 seconds or until melted. Stir in vanilla. In large microwavable bowl, mix all cereals and pecans.
- ☐ Pour butter mixture over cereal mixture, stirring until evenly distributed.
- ☐ Add sugar and spice mixture and stir until coated.
- ☐ Microwave uncovered on High 5 minutes or until mixture begins to brown, stirring every minute.
- ☐ Spread on wax paper or a cookie sheet to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:2.31, Inflammation Score:-8, Nutrition Score:28.492173796115%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg

Nutrients (% of daily need)

Calories: 369.81kcal (18.49%), Fat: 25.4g (39.08%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 29.71g (10.8%), Sugar: 8.67g (9.63%), Cholesterol: 7.63mg (2.54%), Sodium: 221.23mg (9.62%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 7.31g (14.61%), Vitamin D: 25.33µg (168.84%), Manganese:

2.36mg (118.22%), Folate: 294.12µg (73.53%), Iron: 11.85mg (65.85%), Zinc: 5.3mg (35.32%), Vitamin B1: 0.46mg (30.44%), Fiber: 6.73g (26.92%), Phosphorus: 254.58mg (25.46%), Vitamin B3: 4.9mg (24.52%), Magnesium: 97.07mg (24.27%), Vitamin B2: 0.4mg (23.31%), Vitamin B6: 0.45mg (22.42%), Copper: 0.42mg (21.08%), Vitamin B12: 1.2µg (20%), Vitamin E: 1.9mg (12.67%), Vitamin A: 541.96IU (10.84%), Vitamin K: 10.02µg (9.54%), Potassium: 301.13mg (8.6%), Calcium: 84.04mg (8.4%), Vitamin C: 4.15mg (5.03%), Selenium: 3.39µg (4.85%), Vitamin B5: 0.23mg (2.27%)