



Roasted Sesame and Honey Chex™ Mix

 Dairy Free

READY IN



15 min.

SERVINGS



20

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups corn flakes/bran flakes (any variety)
- 3 cups pretzels checkerboard-shaped
- 3 cups celery stalks
- 1 cup nuts mixed
- 3 tablespoons butter melted
- 0.3 cup honey
- 2 tablespoons sesame seed

Equipment

- bowl
- microwave
- measuring cup

Directions

- In large microwavable bowl, mix cereal, pretzels, sesame sticks and nuts.
- In 2-cup microwavable measuring cup, microwave butter on High about 30 seconds or until melted. Stir in honey and sesame seed.
- Pour over cereal mixture; stir until evenly coated.
- Microwave uncovered on High 5 to 6 minutes, stirring every 2 minutes, until mixture just begins to brown.
- Spread on waxed paper to cool. Store in airtight container.

Nutrition Facts

PROTEIN 8.75% **FAT 37.34%** **CARBS 53.91%**

Properties

Glycemic Index:15.21, Glycemic Load:12.63, Inflammation Score:-5, Nutrition Score:7.4334782180579%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 143.21kcal (7.16%), Fat: 6.3g (9.69%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 17.95g (6.53%), Sugar: 5.07g (5.63%), Cholesterol: 0mg (0%), Sodium: 214.24mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Manganese: 0.5mg (25.21%), Folate: 71.68µg (17.92%), Iron: 2.66mg (14.78%), Vitamin B3: 2.06mg (10.32%), Vitamin B1: 0.15mg (10.2%), Fiber: 2.5g (10%), Magnesium: 38.04mg (9.51%), Copper: 0.18mg (9.01%), Vitamin B2: 0.15mg (8.9%), Phosphorus: 82.94mg (8.29%), Vitamin B6: 0.15mg (7.55%), Vitamin A: 294.29IU (5.89%), Selenium: 4.05µg (5.78%), Zinc: 0.79mg (5.26%), Vitamin B12: 0.3µg (5.04%), Vitamin K: 4.86µg (4.63%), Potassium: 147.94mg (4.23%), Calcium: 25.66mg (2.57%), Vitamin B5: 0.22mg (2.22%), Vitamin E: 0.21mg (1.4%), Vitamin D: 0.2µg (1.32%)