



Slow-Cooker Asian Snack Mix

 Dairy Free

READY IN



250 min.

SERVINGS



20

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups cornflakes
- ☐ 3 cups captain crunch peanut butter cereal (3.2 to 3.5 oz)
- ☐ 2 cups pretzel twists
- ☐ 8 oz slivered almonds ()
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon brown sugar packed
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon curry powder

☐ 0.5 teaspoon garlic powder

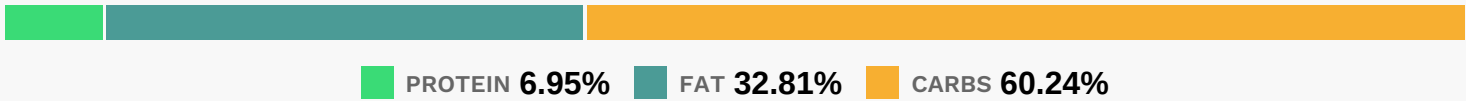
Equipment

- ☐ bowl
- ☐ microwave
- ☐ slow cooker

Directions

- ☐ In 5- to 6-quart slow cooker, lightly mix cereal, crackers, pretzels and almonds.
- ☐ In small microwavable bowl, microwave butter on High 30 to 45 seconds until melted. Stir in brown sugar, soy sauce, curry powder and garlic powder.
- ☐ Pour over cereal mixture, stirring gently until evenly coated.
- ☐ Cook uncovered on Low setting 3 to 4 hours (or on High setting 2 to 2 1/2 hours), stirring every 30 minutes. If desired, keep snack mix warm on Low setting during serving.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:18.446087013768%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 323.46kcal (16.17%), Fat: 10.08g (15.5%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 41.63g (13.88%), Net Carbohydrates: 38.52g (14.01%), Sugar: 17.51g (19.45%), Cholesterol: 0mg (0%), Sodium: 484.08mg (21.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.61%), Folate: 558.97µg (139.74%), Vitamin B1: 0.71mg (47.31%), Vitamin B2: 0.79mg (46.55%), Zinc: 6.38mg (42.55%), Vitamin B3: 8.29mg (41.43%), Vitamin B6: 0.78mg

(39.13%), Vitamin E: 3.04mg (20.27%), Manganese: 0.32mg (16.13%), Iron: 2.31mg (12.86%), Fiber: 3.11g (12.46%), Magnesium: 35.2mg (8.8%), Phosphorus: 69.37mg (6.94%), Copper: 0.14mg (6.92%), Potassium: 175.97mg (5.03%), Vitamin B12: 0.28µg (4.71%), Vitamin A: 202.61IU (4.05%), Calcium: 34.18mg (3.42%), Selenium: 1.17µg (1.68%), Vitamin C: 1.28mg (1.56%), Vitamin D: 0.2µg (1.34%)