



Slow-Cooker Pumpkin Harvest Chex Mix

 Vegetarian

READY IN



125 min.

SERVINGS



20

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar packed
- 0.5 cup butter melted
- 2 cups corn flakes/bran flakes
- 3 cups corn flakes/bran flakes
- 1 cup cranberries dried
- 1 cup graham crackers mini
- 1 cup pecans
- 1 tablespoon pumpkin pie spice

- 0.5 cup pumpkin seeds
- 1.5 teaspoons vanilla
- 2 cups wheat chex

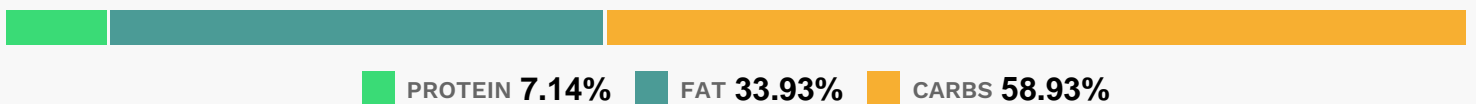
Equipment

- bowl
- baking sheet
- slow cooker

Directions

- In oval 5- to 6-quart slow cooker, stir together the 3 cereals, pecans, graham crackers, dried cranberries and pumpkin seeds.
- In small bowl, mix together melted butter, brown sugar, pumpkin pie spice and vanilla. Stir until well combined.
- Pour over cereal mixture; stir until evenly coated.
- Cook uncovered on High heat setting 2 hours, stirring every 15 to 20 minutes.
- Spread cereal mixture on ungreased cookie sheet or waxed paper. Cool 3 to 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14.43, Glycemic Load:6.95, Inflammation Score:-8, Nutrition Score:21.984347690707%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 247.26kcal (12.36%), Fat: 10.22g (15.72%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 39.93g (13.31%), Net Carbohydrates: 33.99g (12.36%), Sugar: 12.76g (14.18%), Cholesterol: 12.2mg (4.07%), Sodium: 257.42mg (11.19%), Alcohol: 0.1g (100%), Alcohol %: 0.22% (100%), Protein: 4.84g (9.67%), Vitamin D: 20.46µg (136.39%), Folate: 272.4µg (68.1%), Iron: 10.6mg (58.91%), Manganese: 0.72mg (35.91%), Vitamin B1: 0.37mg (24.5%), Zinc: 3.6mg (23.99%), Fiber: 5.94g (23.75%), Vitamin B3: 4.54mg (22.71%), Vitamin B2: 0.38mg (22.23%), Vitamin B6: 0.44mg (22.19%), Vitamin B12: 1.26µg (21.08%), Phosphorus: 165.25mg (16.53%), Magnesium: 62.19mg (15.55%), Vitamin A: 647.24IU (12.94%), Selenium: 5.74µg (8.2%), Copper: 0.14mg (6.95%), Calcium: 68.75mg (6.87%), Potassium: 190.5mg (5.44%), Vitamin C: 3.19mg (3.86%), Vitamin E: 0.45mg (2.97%), Vitamin B5: 0.16mg (1.65%), Vitamin K: 1.37µg (1.31%)