



Slow-Cooker Pumpkin Harvest Chex Mix®

 Vegetarian

READY IN



125 min.

SERVINGS



20

CALORIES



363 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 2 cups cinnamon cinnamon chex®
- ☐ 2 cups wheat chex wheat chex®
- ☐ 3 cups vanilla vanilla chex®
- ☐ 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

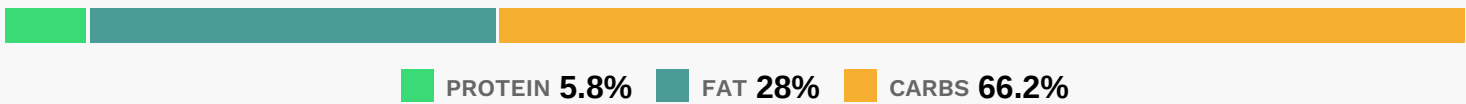
Equipment

- ☐ 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:7.45, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:25.352173908897%

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: 362.76kcal (18.14%), Fat: 10.32g (15.88%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 54.9g (18.3%), Net Carbohydrates: 38.23g (13.9%), Sugar: 15.36g (17.07%), Cholesterol: 12.2mg (4.07%), Sodium: 208.6mg (9.07%), Alcohol: 10.84g (100%), Alcohol %: 13.12% (100%), Protein: 4.81g (9.62%), Manganese: 4.57mg (228.27%), Vitamin D: 20.13µg (134.19%), Fiber: 16.67g (66.69%), Iron: 9.81mg (54.5%), Folate: 207.12µg (51.78%), Calcium: 304.84mg (30.48%), Zinc: 3.57mg (23.77%), Vitamin B3: 3.32mg (16.59%), Vitamin B1: 0.25mg (16.41%), Vitamin B2: 0.28mg (16.31%), Vitamin B6: 0.32mg (15.96%), Magnesium: 57.23mg (14.31%), Phosphorus: 137.37mg (13.74%), Vitamin B12: 0.76µg (12.74%), Copper: 0.19mg (9.58%), Vitamin A: 467.03IU (9.34%), Vitamin K: 8.61µg (8.2%), Potassium: 285.35mg (8.15%), Vitamin E: 0.92mg (6.12%), Vitamin C: 4.09mg (4.95%), Selenium: 1.23µg (1.75%), Vitamin B5: 0.17mg (1.73%)