



Spiced Pecan-Cherry Crunch Mix



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups oven-toasted rice cereal gluten-free such as Koala
- ☐ 0.3 cup cherries dried
- ☐ 1 large egg white
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 teaspoons orange rind grated
- ☐ 0.8 cup pecan halves coarsely chopped
- ☐ 0.1 teaspoon salt

☐ 0.3 cup sugar

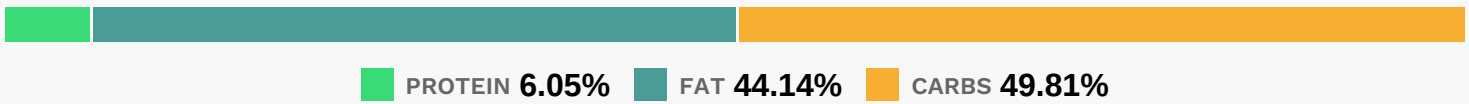
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 30
- ☐ Beat egg white with a mixer at medium speed in a medium bowl until foamy.
- ☐ Combine sugar and next 3 ingredients.
- ☐ Add sugar mixture to beaten egg white, 1 tablespoon at a time, beating until stiff peaks form. Fold in cereal and next 3 ingredients.
- ☐ Spread cereal mixture on a foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 300 for 20 minutes, stirring after 10 minutes. Cool completely in pan on a wire rack. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:25.85, Glycemic Load:5.89, Inflammation Score:-5, Nutrition Score:9.0939130731251%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin:

0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg

Nutrients (% of daily need)

Calories: 177.94kcal (8.9%), Fat: 9.15g (14.08%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 20.89g (7.6%), Sugar: 13.09g (14.54%), Cholesterol: 0mg (0%), Sodium: 131.63mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Manganese: 0.97mg (48.49%), Iron: 3.48mg (19.32%), Folate: 69.93µg (17.48%), Vitamin B1: 0.21mg (13.88%), Zinc: 1.83mg (12.18%), Vitamin B2: 0.19mg (10.98%), Vitamin B6: 0.19mg (9.74%), Fiber: 2.36g (9.42%), Vitamin B3: 1.83mg (9.15%), Copper: 0.18mg (8.85%), Vitamin B12: 0.51µg (8.47%), Vitamin A: 417.03IU (8.34%), Calcium: 54.76mg (5.48%), Phosphorus: 49.06mg (4.91%), Selenium: 3.41µg (4.87%), Magnesium: 18.88mg (4.72%), Vitamin C: 3.06mg (3.71%), Vitamin B5: 0.25mg (2.55%), Potassium: 80.66mg (2.3%), Vitamin D: 0.33µg (2.22%), Vitamin E: 0.22mg (1.45%)