



 **15%**  
HEALTH SCORE

## Spicy Cereal Mix

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 teaspoon ground pepper
- 1 cup cornflakes
- 3 cups rice chex
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 1 teaspoon hot sauce
- 6 servings kosher salt
- 3 tablespoons olive oil extra virgin extra-virgin

- 0.5 teaspoon onion powder
- 0.7 cup pita chips
- 0.5 cup pumpkin seeds unsalted hulled ( pumpkin seeds)
- 1 tablespoon worcestershire sauce

## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat the oven to 350 degrees F.
- Whisk the olive oil, Worcestershire sauce, hot sauce, garlic powder, cumin, onion powder, cayenne and 1/2 teaspoon salt in a bowl.
- Combine the rice cereal squares, cornflakes, pita chips and pepitas in a bowl. Toss with the spice mixture and spread on a baking sheet.
- Bake, stirring occasionally, until golden, about 40 minutes.
- Photograph by Jonathan Kantor

## Nutrition Facts

PROTEIN 8.74%  FAT 53.04%  CARBS 38.22%

## Properties

Glycemic Index:7, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:14.37434791482%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 209.44kcal (10.47%), Fat: 12.79g (19.68%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 19.42g (7.06%), Sugar: 2.17g (2.41%), Cholesterol: 0mg (0%), Sodium: 430.02mg (18.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Manganese: 0.97mg (48.65%), Iron: 7.16mg (39.8%), Folate: 128.6µg (32.15%), Vitamin B3: 4.1mg (20.52%), Vitamin B1: 0.29mg (19.07%), Vitamin B2: 0.32mg (18.86%), Zinc: 2.75mg (18.31%), Vitamin B6: 0.36mg (17.84%), Vitamin B12: 0.99µg (16.47%), Magnesium: 63.04mg (15.76%), Phosphorus: 149.45mg (14.94%), Vitamin E: 1.44mg (9.63%), Copper: 0.19mg (9.31%), Selenium: 5.47µg (7.81%), Vitamin A: 374.26IU (7.49%), Vitamin C: 5.14mg (6.23%), Calcium: 61.8mg (6.18%), Fiber: 1.31g (5.25%), Vitamin K: 4.97µg (4.73%), Vitamin D: 0.67µg (4.45%), Potassium: 149.17mg (4.26%), Vitamin B5: 0.29mg (2.9%)