



Sugar and Spice Snack



Vegetarian



Dairy Free

READY IN



125 min.

SERVINGS



21

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cornflakes
- ☐ 2 cups rice chex
- ☐ 2 cups corn flakes/bran flakes
- ☐ 3 cups regular corn bugles®
- ☐ 1.5 cups roasted peanuts
- ☐ 2 egg whites
- ☐ 2 tablespoons orange juice
- ☐ 1 cup sugar

☐ 1 teaspoon ground cinnamon

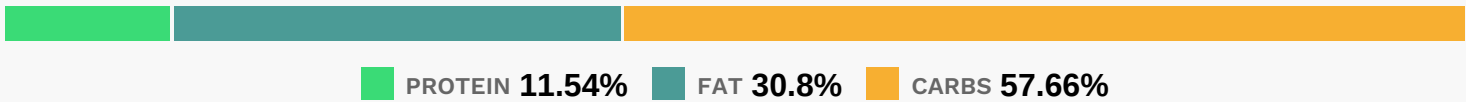
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 300°F. Spray with cooking spray or grease 15x10x1-inch pan.
- ☐ In very large bowl, mix cereals, corn snacks and peanuts. In small bowl, beat egg whites, orange juice, sugar and cinnamon with wire whisk or hand beater until foamy.
- ☐ Pour over cereal mixture, stirring until evenly coated.
- ☐ Spread in pan.
- ☐ Bake 45 to 50 minutes, stirring every 15 minutes, until light brown and crisp. Cool completely, about 1 hour. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:12.14, Glycemic Load:10.72, Inflammation Score:-5, Nutrition Score:8.1169565916061%

Flavonoids

Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 152.28kcal (7.61%), Fat: 5.62g (8.65%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 21.34g (7.76%), Sugar: 11.83g (13.14%), Cholesterol: 0mg (0%), Sodium: 111.05mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Manganese: 0.53mg (26.62%), Folate: 72.79µg (18.2%), Vitamin B3: 3.53mg (17.64%), Iron: 3.05mg (16.94%), Vitamin B1: 0.18mg (11.74%), Vitamin B6: 0.22mg (10.91%), Vitamin B2: 0.17mg (10.08%), Fiber: 2.35g (9.39%), Magnesium: 34.32mg (8.58%), Phosphorus: 81.69mg (8.17%), Vitamin B12: 0.47µg (7.84%), Zinc: 0.92mg (6.16%), Selenium: 4.18µg (5.98%), Copper: 0.11mg (5.65%), Vitamin A:

251.87IU (5.04%), Potassium: 167mg (4.77%), Vitamin B5: 0.41mg (4.05%), Vitamin C: 3.15mg (3.82%), Calcium: 23.84mg (2.38%), Vitamin D: 0.32µg (2.11%)