



Sugar 'n Spice Snack



Vegetarian



Dairy Free

READY IN



125 min.

SERVINGS



21

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cheerios apple cinnamon cheerios®
- ☐ 2 cups corn chex corn chex®
- ☐ 2 cups rice chex rice chex®
- ☐ 3 cups regular corn bugles®
- ☐ 1.5 cups roasted peanuts
- ☐ 2 egg whites
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons orange juice

☐ 1 cup sugar

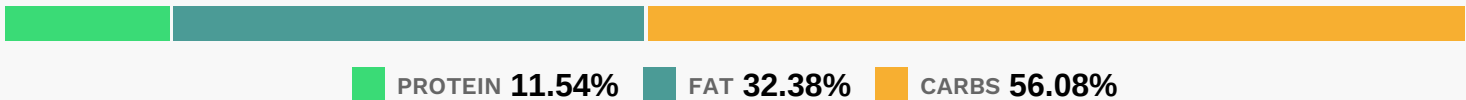
Equipment

- ☐ 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:8.69, Glycemic Load:9, Inflammation Score:-5, Nutrition Score:7.3847825838172%

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: 148.62kcal (7.43%), Fat: 5.74g (8.82%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 20.45g (7.44%), Sugar: 11.29g (12.54%), Cholesterol: 0mg (0%), Sodium: 102.21mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Manganese: 0.47mg (23.64%), Folate: 71.18µg (17.8%), Vitamin B3: 3.25mg (16.24%), Iron: 2.56mg (14.22%), Vitamin B1: 0.15mg (10.15%), Vitamin B6: 0.19mg (9.46%), Zinc: 1.33mg (8.88%), Fiber: 1.9g (7.61%), Phosphorus: 72.82mg (7.28%), Vitamin B2: 0.12mg (7.09%), Vitamin B12: 0.42µg (7.06%), Magnesium: 27.61mg (6.9%), Vitamin A: 270.23IU (5.4%), Copper: 0.1mg (5.04%), Potassium: 160.69mg

(4.59%), Vitamin C: 3.59mg (4.36%), Selenium: 2.82µg (4.02%), Vitamin B5: 0.4mg (4.01%), Calcium: 38.71mg (3.87%), Vitamin D: 0.26µg (1.74%)