



 **100%**
HEALTH SCORE

Sunny Sunflower Chex Mix

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



24

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups cornflakes
- 4 cups wheat chex
- 1 cup sunflower seeds
- 1 cup edamame salted
- 0.3 cup plus
- 2 tablespoons brown mustard seeds
- 1 teaspoon garlic salt

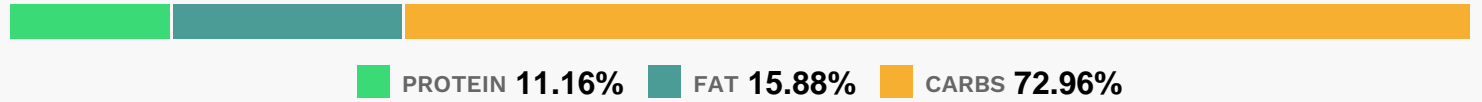
Equipment

- bowl
- microwave

Directions

- In large microwavable bowl, mix cereals, sunflower nuts and edamame.
- In small microwavable bowl, mix corn syrup, mustard and garlic salt. Microwave uncovered on High about 1 minute or until mixture boils.
- Pour over cereal mixture; toss to coat.
- Microwave uncovered on High 3 to 4 minutes, stirring every minute, until slightly toasted.
- Spread mixture on waxed paper to cool.

Nutrition Facts



Properties

Glycemic Index:1.63, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:24.213913119762%

Nutrients (% of daily need)

Calories: 201.9kcal (10.09%), Fat: 4g (6.16%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 41.37g (13.79%), Net Carbohydrates: 35.43g (12.88%), Sugar: 7.69g (8.54%), Cholesterol: 0mg (0%), Sodium: 360.16mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin D: 33.72µg (224.77%), Folate: 365.18µg (91.3%), Iron: 13.91mg (77.25%), Zinc: 4.76mg (31.71%), Vitamin B1: 0.46mg (30.88%), Vitamin B6: 0.58mg (28.94%), Vitamin B3: 5.5mg (27.52%), Vitamin B2: 0.45mg (26.34%), Vitamin B12: 1.49µg (24.86%), Fiber: 5.94g (23.74%), Phosphorus: 168.82mg (16.88%), Magnesium: 54.17mg (13.54%), Vitamin E: 1.98mg (13.18%), Vitamin A: 505.54IU (10.11%), Calcium: 94.51mg (9.45%), Vitamin C: 6.1mg (7.4%), Potassium: 215.59mg (6.16%), Manganese: 0.12mg (6.05%), Copper: 0.11mg (5.54%), Selenium: 3.72µg (5.31%)