



WHATSheATE



Sunny Sunflower Chex Mix



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



24

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

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:24.777826097106%

Nutrients (% of daily need)

Calories: 204.35kcal (10.22%), Fat: 4.11g (6.32%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 35.81g (13.02%), Sugar: 7.82g (8.69%), Cholesterol: 0mg (0%), Sodium: 363.29mg (15.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Vitamin D: 33.71µg (224.76%), Folate: 381.85µg (95.46%), Iron: 13.91mg (77.25%), Zinc: 5.33mg (35.56%), Vitamin B1: 0.46mg (30.84%), Vitamin B6: 0.58mg (28.92%), Vitamin B3: 5.5mg (27.5%), Vitamin B2: 0.45mg (26.39%), Vitamin B12: 1.51µg (25.11%), Fiber: 6.02g (24.1%), Phosphorus: 170.72mg (17.07%), Magnesium: 53.69mg (13.42%), Vitamin E: 1.99mg (13.23%), Vitamin A: 588.87IU (11.78%), Calcium: 110.96mg (11.1%), Vitamin C: 6.12mg (7.42%), Manganese: 0.13mg (6.52%), Potassium: 217.93mg (6.23%), Selenium: 3.95µg (5.64%), Copper: 0.11mg (5.45%)