



WHATSheATE



Sweet and Nutty Cereal Munch



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



410 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup corn syrup dark
- ☐ 0.3 cup butter
- ☐ 0.3 teaspoon salt
- ☐ 6 cups corn flakes/bran flakes
- ☐ 1 cup walnut halves
- ☐ 0.5 cup slivered almonds

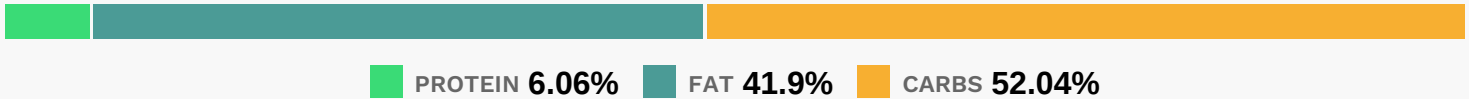
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Heat oven to 325°F.
- ☐ Spread 1 tablespoon melted butter in jelly roll pan, 15 1/2x10 1/2x1 inch.
- ☐ Mix brown sugar, corn syrup, 1/4 cup butter and the salt in 3-quart saucepan.
- ☐ Heat over medium heat about 5 minutes, stirring constantly, until brown sugar is dissolved; remove from heat. Stir in cereal, pecans and almonds until well coated.
- ☐ Spread mixture in pan.
- ☐ Bake uncovered 15 minutes. Cool 10 minutes. Loosen mixture with metal spatula.
- ☐ Let stand about 1 hour or until firm. Break into pieces. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:24.03, Glycemic Load:28.63, Inflammation Score:-9, Nutrition Score:23.655217284742%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 409.92kcal (20.5%), Fat: 20.65g (31.77%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 57.72g (19.24%), Net Carbohydrates: 50.4g (18.33%), Sugar: 36.13g (40.14%), Cholesterol: 0mg (0%), Sodium: 355.31mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Manganese: 1.75mg (87.71%), Folate: 217.63µg (54.41%), Iron: 9.25mg (51.41%), Vitamin B2: 0.52mg (30.83%), Vitamin B1: 0.46mg (30.46%), Vitamin B6: 0.61mg (30.31%), Fiber: 7.31g (29.25%), Magnesium: 113.24mg (28.31%), Vitamin B3: 5.44mg (27.2%), Vitamin B12: 1.51µg (25.15%), Selenium: 17.53µg (25.04%), Copper: 0.47mg (23.49%), Phosphorus: 222.7mg (22.27%), Vitamin A: 1069.33IU (21.39%), Vitamin E: 2.34mg (15.57%), Zinc: 2.18mg (14.5%), Potassium: 305.27mg (8.72%), Vitamin D: 0.99µg (6.6%), Calcium: 63.64mg (6.36%), Vitamin B5: 0.41mg (4.06%)