



Sweet 'n Nutty Cereal Munch



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



358 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 6 cups cheerios frosted cheerios® cheerios®
- ☐ 0.5 cup corn syrup dark
- ☐ 1 cup walnut halves
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup slivered almonds

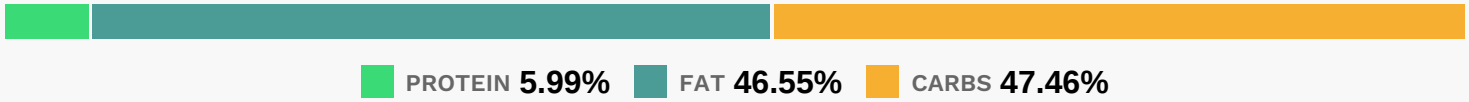
Equipment

- ☐ 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:15, Glycemic Load:15.15, Inflammation Score:-8, Nutrition Score:15.274782655032%

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: 357.53kcal (17.88%), Fat: 19.65g (30.24%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 41.67g (15.15%), Sugar: 31.26g (34.73%), Cholesterol: 0mg (0%), Sodium: 255.09mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.37%), Manganese: 1.24mg (62.12%), Folate: 129.97µg

(32.49%), Iron: 5.4mg (30.03%), Copper: 0.38mg (19.04%), Vitamin B6: 0.38mg (18.9%), Zinc: 2.79mg (18.57%), Vitamin B1: 0.27mg (18.1%), Vitamin B12: 1.07µg (17.89%), Vitamin B3: 3.25mg (16.24%), Magnesium: 62.44mg (15.61%), Vitamin A: 776.33IU (15.53%), Phosphorus: 143.82mg (14.38%), Vitamin E: 2.11mg (14.1%), Fiber: 3.41g (13.66%), Calcium: 106.14mg (10.61%), Selenium: 5.7µg (8.14%), Vitamin B2: 0.12mg (7.01%), Potassium: 244.33mg (6.98%), Vitamin C: 3.57mg (4.33%), Vitamin D: 0.57µg (3.78%), Vitamin B5: 0.31mg (3.13%)