



Sweet Party Mix

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



639 kcal

SIDE DISH

Ingredients

- 0.8 cup butter
- 12 ounce cornflakes crispy
- 0.8 cup corn syrup dark
- 1.5 cups brown sugar light
- 1.5 cups brown sugar light
- 6 ounces pecans toasted chopped
- 5 ounces slivered almonds

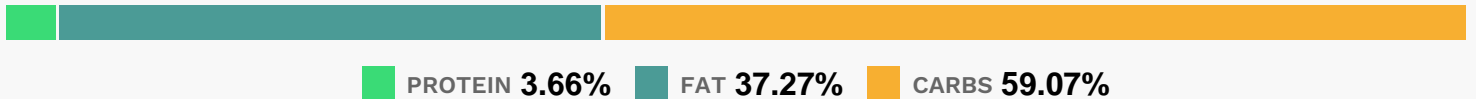
Equipment

- bowl
- sauce pan
- oven
- roasting pan
- wax paper

Directions

- Preheat oven to 250 degrees F (120 degrees C). Lightly grease a large roasting pan.
- In a large bowl, mix crispy corn and rice cereal, slivered almonds and toasted, chopped pecans.
- In a medium saucepan over medium heat, melt the butter and mix with dark corn syrup and light brown sugar.
- Pour the mixture over the crispy corn and rice cereal mixture. Stir and shake to coat all the nuts and cereal.
- Pour the coated mixture into the prepared roasting pan. Stirring approximately every 15 minutes, cook 1 hour in the preheated oven. Cool on wax paper, and store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:15.06, Inflammation Score:-8, Nutrition Score:19.065217417219%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 639.23kcal (31.96%), Fat: 27.72g (42.65%), Saturated Fat: 8.65g (54.06%), Carbohydrates: 98.86g (32.95%), Net Carbohydrates: 95.09g (34.58%), Sugar: 73.66g (81.85%), Cholesterol: 30.5mg (10.17%), Sodium: 346.45mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.23%), Iron: 9.46mg (52.57%), Manganese: 1.01mg (50.6%), Vitamin B2: 0.59mg (34.75%), Vitamin B1: 0.5mg (33.38%), Vitamin B6: 0.58mg (28.92%), Vitamin B3: 5.74mg (28.69%), Folate: 110.5µg (27.62%), Vitamin B12: 1.44µg (24.03%), Vitamin E: 3.59mg (23.9%), Copper: 0.38mg (19.25%), Vitamin A: 868.92IU (17.38%), Magnesium: 67.04mg (16.76%), Fiber: 3.77g (15.09%), Phosphorus: 132.95mg (13.29%), Calcium: 96.01mg (9.6%), Zinc: 1.33mg (8.88%), Potassium: 278.26mg (7.95%), Vitamin C: 6.11mg (7.41%), Selenium: 4.8µg (6.85%), Vitamin D: 1.02µg (6.8%), Vitamin B5: 0.34mg (3.36%), Vitamin K: 1.49µg (1.42%)