



Thai Pumpkin Chex Mix

 Dairy Free

READY IN



115 min.

SERVINGS



16

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cups cornflakes
- ☐ 1 cup roasted cashews salted whole
- ☐ 1 cup coconut flakes unsweetened
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon sea salt fine
- ☐ 0.5 cup maple syrup
- ☐ 3 tablespoons pumpkin pie filling/mix canned (not pumpkin pie mix)

- ☐ 3 tablespoons coconut oil melted
- ☐ 4 teaspoons curry paste red
- ☐ 4 cups popped popcorn

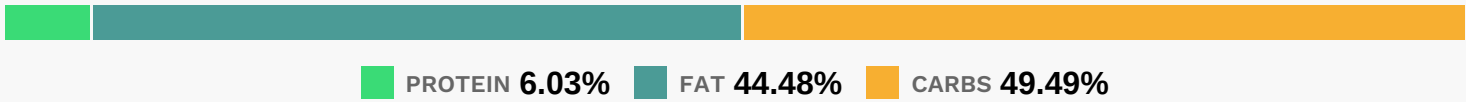
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Heat oven to 300°F. Line 2 (15x10x1-inch) pans with cooking parchment paper. In large bowl, mix cereal, cashews, coconut, pumpkin pie spice, cinnamon and salt.
- ☐ In 2-cup glass measuring cup, beat maple syrup, pumpkin, coconut oil and red curry paste with whisk until well mixed. Stir into cereal mixture until well blended.
- ☐ Spread in pans.
- ☐ Bake 40 minutes, stirring and rotating pans after 20 minutes. Stir 2 cups popcorn into each pan of mix.
- ☐ Bake 5 minutes longer. Cool completely, about 30 minutes. (
- ☐ Mixture will become crispier once cooled.) Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:8.11, Glycemic Load:3.64, Inflammation Score:-6, Nutrition Score:9.9860870371694%

Nutrients (% of daily need)

Calories: 198.77kcal (9.94%), Fat: 10.29g (15.83%), Saturated Fat: 6.07g (37.94%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 23.44g (8.52%), Sugar: 8.3g (9.23%), Cholesterol: 0mg (0%), Sodium: 202.15mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Iron: 4.93mg (27.38%), Manganese: 0.54mg (27.2%), Vitamin B2: 0.37mg (21.69%), Vitamin B6: 0.3mg (14.89%), Folate: 58.22µg (14.56%), Vitamin B1: 0.22mg (14.54%), Vitamin B3: 2.74mg (13.72%), Vitamin A: 682.88IU (13.66%), Copper: 0.27mg (13.5%), Vitamin B12: 0.7µg (11.67%), Magnesium: 39.23mg (9.81%), Fiber: 2.31g (9.25%), Phosphorus: 78.46mg (7.85%), Zinc: 0.89mg (5.96%), Selenium: 3.19µg (4.56%), Vitamin C: 3.25mg (3.94%), Potassium: 137.36mg (3.92%), Vitamin D: 0.5µg (3.36%), Vitamin K: 3.09µg (2.94%), Vitamin B5: 0.22mg (2.25%), Calcium: 21.4mg (2.14%)