



Tropical Island Chex Mix

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



185 kcal

SIDE DISH

Ingredients

- 0.5 cup banana chips dried
- 2 tablespoons brown sugar packed
- 1.5 tablespoons butter
- 0.5 cup coconut or shredded
- 4 cups rice chex gluten free ()
- 0.7 cup fruit jell-o® mix dried (from 7-oz package)
- 0.3 cup macadamia nuts
- 2 tablespoons orange juice concentrate frozen thawed ()

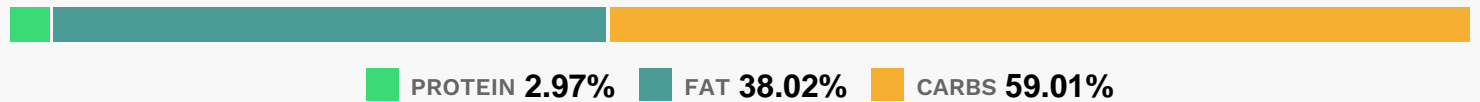
Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

Directions

- In large microwavable bowl, mix cereal, coconut, banana chips, tropical fruit mix and nuts.
- In microwavable measuring cup, microwave butter uncovered on High about 30 seconds or until melted. Stir in brown sugar and pineapple juice concentrate. Microwave uncovered on High about 30 seconds or until hot; stir.
- Pour over cereal mixture, stirring until evenly coated.
- Microwave uncovered on High 3 to 5 minutes, stirring every minute, until mixture begins to brown.
- Spread on waxed paper or foil to cool, about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:8.8821739236946%

Nutrients (% of daily need)

Calories: 184.86kcal (9.24%), Fat: 8.05g (12.39%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 26.13g (9.5%), Sugar: 13.58g (15.09%), Cholesterol: 0mg (0%), Sodium: 118.48mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Manganese: 0.7mg (35.02%), Iron: 4.3mg (23.91%), Folate: 84.48µg (21.12%), Vitamin B1: 0.22mg (14.54%), Vitamin B6: 0.23mg (11.71%), Vitamin B2: 0.19mg (11.03%), Vitamin B3: 2.2mg (10.98%), Zinc: 1.64mg (10.94%), Vitamin B12: 0.61µg (10.1%), Vitamin C: 7.52mg (9.12%), Fiber: 2g (7.98%), Calcium: 69.8mg (6.98%), Vitamin A: 301.86IU (6.04%), Copper: 0.09mg (4.54%), Selenium: 2.79µg (3.98%), Magnesium: 14.87mg (3.72%), Phosphorus: 33.66mg (3.37%), Potassium: 96.44mg (2.76%), Vitamin D: 0.4µg (2.66%), Vitamin B5: 0.25mg (2.52%), Vitamin E: 0.16mg (1.1%)