



Whole-Grain Cereal Party Mix

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup almonds sliced
- 0.5 cup canola oil
- 0.5 teaspoon chili powder
- 4 cups whole-grain cereal (such as Multigrain Cheerios or Bran Chex)
- 2 cups puffed-rice cereal
- 1 cup pumpkin seeds raw
- 0.3 teaspoon salt
- 1 tablespoon sesame oil

- 0.3 cup sesame seed raw
- 0.3 cup soya sauce
- 1 tablespoon worcestershire sauce

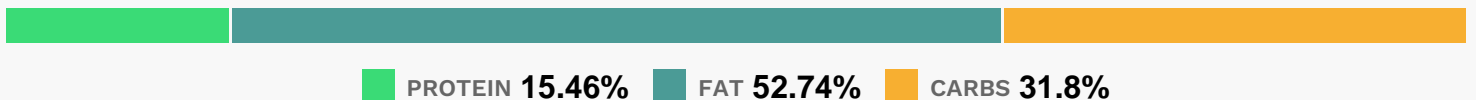
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 300F. In a large bowl, combine first five ingredients.
- Whisk together remaining ingredients in another bowl.
- Stir liquid into cereal nut mixture.
- Spread in a single layer on a 12-by-15- inch rimmed baking sheet and bake, stirring every 10 minutes, until golden, 30 minutes

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:13.025217421677%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg 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: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 276.7kcal (13.83%), Fat: 16.73g (25.74%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 19.03g (6.92%), Sugar: 6.31g (7.01%), Cholesterol: 0mg (0%), Sodium: 580.76mg (25.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.07%), Manganese: 0.78mg (39%), Vitamin B1: 0.39mg (25.68%), Magnesium: 99.63mg (24.91%), Vitamin E: 3.7mg (24.66%), Vitamin B2: 0.39mg (23.19%), Copper: 0.44mg (22.19%), Iron: 3.76mg (20.86%), Phosphorus: 200.02mg (20%), Fiber: 3.66g (14.63%), Vitamin B6: 0.28mg (14.07%), Vitamin B3: 2.75mg (13.73%), Calcium: 124.92mg (12.49%), Folate: 47.94µg (11.99%), Zinc: 1.44mg (9.59%), Vitamin C: 5.43mg (6.58%), Potassium: 211.19mg (6.03%), Selenium: 3.42µg (4.89%), Vitamin K: 2.98µg (2.83%), Vitamin B5: 0.14mg (1.45%)