



4th of July Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



14

CALORIES



283 kcal

SIDE DISH

Ingredients

- 8.8 oz asian rice cracker snack mix
- 0.3 cup blueberries dried
- 0.3 cup cranberries dried
- 0.5 cup m&m candies blue red
- 0.3 cup roasted sunflower seeds
- 2 cups chocolate chips white

Equipment

- bowl

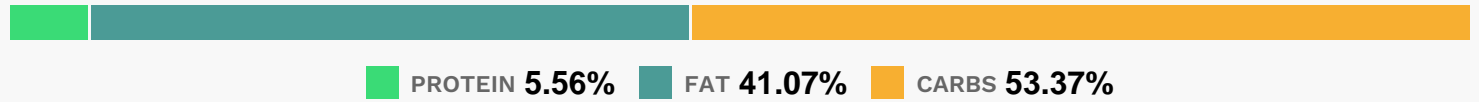
wax paper

microwave

Directions

- In a large bowl, combine the snack mix, blueberries, cranberries, and sunflower seeds.
- Place the white chocolate chips into a medium, microwave-safe bowl. Melt in the microwave on High for 60–90 seconds then stir. Melt for an additional 30–60 seconds, if needed.
- Drizzle the melted chocolate over the snack mix, and stir until well coated. Turn the mix out onto a large piece of wax paper, sprinkle with blue and red candies, then allow the white chocolate to stand at room temperature for about 1 hour to harden. To serve, break the mix up into large chunks.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:10.62, Inflammation Score:-1, Nutrition Score:5.0613043321216%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 282.66kcal (14.13%), Fat: 13.09g (20.14%), Saturated Fat: 6.52g (40.74%), Carbohydrates: 38.28g (12.76%), Net Carbohydrates: 36.27g (13.19%), Sugar: 24.27g (26.96%), Cholesterol: 7.22mg (2.41%), Sodium: 170.01mg (7.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Phosphorus: 103.01mg (10.3%), Manganese: 0.2mg (10.2%), Vitamin E: 1.34mg (8.95%), Fiber: 2.01g (8.03%), Vitamin B2: 0.14mg (7.99%), Calcium: 72.37mg (7.24%), Folate: 28.53µg (7.13%), Selenium: 4.3µg (6.14%), Iron: 1.1mg (6.09%), Vitamin B3: 1.2mg (5.98%), Vitamin B1: 0.09mg (5.82%), Vitamin K: 5.18µg (4.94%), Copper: 0.09mg (4.49%), Potassium: 144.71mg (4.13%), Vitamin B5: 0.41mg (4.11%), Zinc: 0.61mg (4.09%), Magnesium: 15.27mg (3.82%), Vitamin B6: 0.07mg (3.42%), Vitamin B12: 0.17µg (2.78%)