



All-American Snack Mix

 Dairy Free

READY IN



10 min.

SERVINGS



21

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups frosted toast cereal
- 0.5 cup round buttery crackers
- 1.5 cups pretzel twists
- 1.5 cups snack peppers
- 4.5 oz young shark fillet (from 9-oz box)

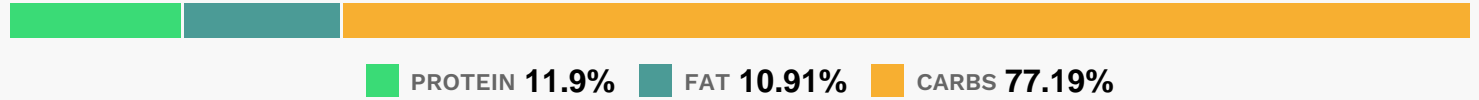
Equipment

- bowl
- ziploc bags

Directions

- In large bowl or resealable gallon-size food-storage plastic bag, mix ingredients.
- Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:5.48, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:8.7734782203384%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 75.26kcal (3.76%), Fat: 0.95g (1.46%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 14.32g (5.21%), Sugar: 5.14g (5.71%), Cholesterol: 3.1mg (1.03%), Sodium: 111.88mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Vitamin C: 24.6mg (29.82%), Vitamin B6: 0.5mg (25.25%), Iron: 3.53mg (19.61%), Vitamin B3: 3.9mg (19.49%), Vitamin B12: 1.06µg (17.71%), Vitamin B1: 0.26mg (17.26%), Folate: 60.32µg (15.08%), Vitamin A: 737.19IU (14.74%), Vitamin B2: 0.24mg (14.09%), Selenium: 2.83µg (4.04%), Vitamin D: 0.6µg (4%), Manganese: 0.06mg (3.12%), Phosphorus: 30.58mg (3.06%), Fiber: 0.75g (3.02%), Vitamin E: 0.4mg (2.67%), Potassium: 62.97mg (1.8%), Magnesium: 7.12mg (1.78%), Vitamin K: 1.66µg (1.58%), Vitamin B5: 0.14mg (1.37%)