



All-American Snack Mix



Dairy Free

READY IN



10 min.

SERVINGS



21

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups round buttery crackers
- ☐ 6 cups frosted toast cereal
- ☐ 0.5 cup round buttery crackers
- ☐ 1.5 cups pretzel twists
- ☐ 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:3.95, Glycemic Load:1.94, Inflammation Score:-3, Nutrition Score:7.0656521009362%

Nutrients (% of daily need)

Calories: 91.95kcal (4.6%), Fat: 1.89g (2.91%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 16.28g (5.92%), Sugar: 4.78g (5.31%), Cholesterol: 3.1mg (1.03%), Sodium: 149mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin B6: 0.46mg (22.92%), Iron: 3.65mg (20.27%), Vitamin B3: 3.94mg (19.71%), Vitamin B1: 0.27mg (17.91%), Vitamin B12: 1.06µg (17.71%), Vitamin B2: 0.24mg (13.92%), Folate: 55.63µg (13.91%), Selenium: 3.01µg (4.3%), Vitamin A: 208.07IU (4.16%), Vitamin D: 0.6µg (4%), Phosphorus: 37.88mg (3.79%), Vitamin C: 2.97mg (3.6%), Manganese: 0.07mg (3.33%), Vitamin K: 2.97µg (2.83%), Fiber: 0.5g (1.99%), Vitamin E: 0.28mg (1.89%), Magnesium: 5.9mg (1.48%), Calcium: 12.05mg (1.2%)