



Apple Blueberry Chex Mix



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



24

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 cups cinnamon apple cinnamon chex®
- ☐ 2 cups chocolate-covered peanuts
- ☐ 1 cup apples dried
- ☐ 1 cup blueberries dried
- ☐ 1 cup walnut halves

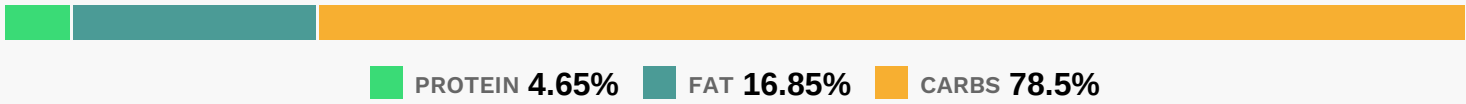
Equipment

- ☐ bowl

Directions

☐ In large bowl, mix all ingredients.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:1.48, Inflammation Score:-5, Nutrition Score:17.975217391615%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 268.52kcal (13.43%), Fat: 6.31g (9.71%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 66.12g (22.04%), Net Carbohydrates: 32.78g (11.92%), Sugar: 16.29g (18.1%), Cholesterol: 0.45mg (0.15%), Sodium: 16.2mg (0.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Manganese: 10.55mg (527.7%), Fiber: 33.34g (133.38%), Calcium: 614.17mg (61.42%), Iron: 5.49mg (30.5%), Vitamin K: 19.28µg (18.36%), Copper: 0.34mg (17.04%), Magnesium: 50.51mg (12.63%), Potassium: 419.65mg (11.99%), Vitamin E: 1.47mg (9.79%), Zinc: 1.43mg (9.52%), Phosphorus: 77.53mg (7.75%), Vitamin B6: 0.14mg (6.76%), Vitamin B3: 0.94mg (4.68%), Vitamin A: 189.11IU (3.78%), Vitamin B2: 0.06mg (3.61%), Selenium: 2.51µg (3.58%), Vitamin C: 2.48mg (3.01%), Vitamin B5: 0.29mg (2.88%), Vitamin B1: 0.04mg (2.82%), Folate: 9.53µg (2.38%)