



HEALTH SCORE

64%

Apple Spice-Raisin Snack Mix



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



10

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons apple pie spice
- ☐ 11.5 ounce dry-roasted nuts mixed canned
- ☐ 3 cups grain oat cereal squares whole
- ☐ 1 cup raisins
- ☐ 1 tablespoon sugar

Equipment

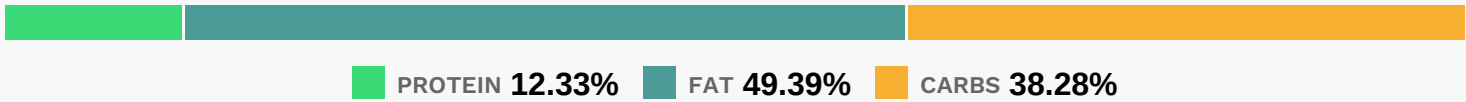
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Combine first 3 ingredients in a medium bowl. Coat cereal mixture evenly with cooking spray.
- ☐ Transfer to an aluminum foil-lined jelly-roll pan coated with cooking spray.
- ☐ Bake at 350 for 7 minutes. Stir mixture, and coat evenly with cooking spray.
- ☐ Bake 7 more minutes. Stir in nuts and raisins. Cool. Store mixture in an airtight container.

Nutrition Facts



Properties

Glycemic Index:12.89, Glycemic Load:6.95, Inflammation Score:-4, Nutrition Score:17.160869464278%

Nutrients (% of daily need)

Calories: 283.11kcal (14.16%), Fat: 16.44g (25.29%), Saturated Fat: 1.77g (11.03%), Carbohydrates: 28.67g (9.56%), Net Carbohydrates: 24.07g (8.75%), Sugar: 5.32g (5.91%), Cholesterol: 0mg (0%), Sodium: 167.46mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.47%), Vitamin E: 8.52mg (56.78%), Manganese: 0.79mg (39.5%), Phosphorus: 387.9mg (38.79%), Selenium: 25.98µg (37.12%), Copper: 0.64mg (32.12%), Folate: 92.8µg (23.2%), Vitamin B5: 2.3mg (23.02%), Vitamin B6: 0.41mg (20.55%), Fiber: 4.59g (18.37%), Vitamin B3: 3.21mg (16.05%), Vitamin B1: 0.22mg (14.46%), Iron: 2.59mg (14.41%), Vitamin B2: 0.23mg (13.8%), Zinc: 1.76mg (11.74%), Magnesium: 46.95mg (11.74%), Potassium: 399.42mg (11.41%), Calcium: 53.62mg (5.36%), Vitamin C: 4.33mg (5.25%)