



Ashley & Whitney's Popcorn & Pretzel Snack Mix

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



623 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup roasted almonds coarsely chopped
- ☐ 12 ounce premium baking morsels white (chips)
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2.9 ounce butter-flavored microwave popcorn low-fat
- ☐ 2 cups pretzels mini
- ☐ 6 servings parchment paper reynolds®
- ☐ 1 cup cranberries dried sweetened chopped

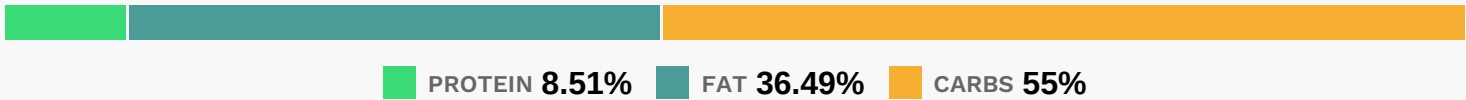
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ baking pan

Directions

- ☐ Line a 15 1/2x10x1-inch baking pan or large tray with a sheet of Reynolds® Parchment Paper; set aside.
- ☐ Pop popcorn according to package directions; shake bag so that un-popped kernels fall to the bottom.
- ☐ Pour popcorn, pretzels, almonds and dried cranberries into large bowl. Discard un-popped popcorn kernels.
- ☐ Melt white morsels according to package directions. Stir in cinnamon; pour over popcorn and pretzels. Toss to evenly coat.
- ☐ Spread evenly on parchment lined tray.
- ☐ Let set to harden, about 1 hour. Break apart large pieces. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:21.34, Inflammation Score:-6, Nutrition Score:20.433478210283%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 623.15kcal (31.16%), Fat: 25.91g (39.86%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 87.86g (29.29%), Net Carbohydrates: 80.05g (29.11%), Sugar: 22.95g (25.5%), Cholesterol: 1.22mg (0.41%), Sodium: 1165.71mg (50.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.2%), Manganese: 1.24mg (61.83%), Phosphorus: 518.56mg (51.86%), Vitamin E: 7.13mg (47.53%), Vitamin B2: 0.63mg (36.82%), Vitamin B1: 0.5mg (33.44%), Folate: 132.57µg (33.14%), Fiber: 7.81g (31.26%), Vitamin B3: 5.22mg (26.12%), Magnesium: 101.95mg (25.49%), Iron: 4.1mg (22.8%), Copper: 0.42mg (20.89%), Calcium: 183.25mg (18.33%), Potassium: 398.52mg (11.39%), Zinc: 1.71mg (11.37%), Selenium: 7.79µg (11.14%), Vitamin B5: 0.77mg (7.74%), Vitamin B6: 0.14mg (7.23%), Vitamin K: 6.7µg (6.38%), Vitamin B12: 0.22µg (3.69%)