



## Banana-Cinnamon Snack Mix

 Vegetarian  Dairy Free

READY IN



55 min.

SERVINGS



14

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups pinenuts
- 1 cup corn flakes/bran flakes
- 1 cup pretzel twists fat-free
- 0.5 cup walnut halves
- 1 egg whites
- 1 tablespoon orange juice
- 0.3 cup sugar
- 0.5 teaspoon ground cinnamon

- 4 cups butter-flavored microwave popcorn fat-free 94% (any flavor)
- 1 cup apples crispy (from 2.5-oz bag)

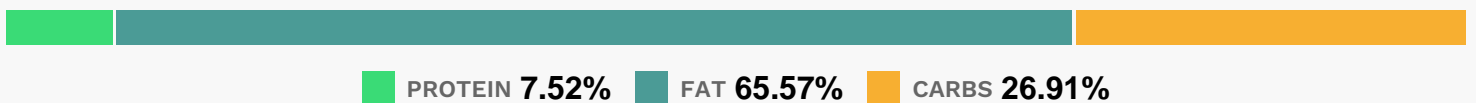
## Equipment

- bowl
- frying pan
- oven
- whisk
- roasting pan

## Directions

- Heat oven to 300°F. Spray large roasting pan with cooking spray or grease with shortening. In large bowl, mix cereals, pretzels and walnuts; set aside.
- In medium bowl, beat egg white, orange juice, sugar and cinnamon with wire whisk until well blended.
- Pour over cereal mixture, stirring until evenly coated. Stir in popcorn.
- Spread in pan.
- Bake 25 to 30 minutes, stirring every 10 minutes, until light brown and crisp.
- Remove from oven; stir in apple chips. Cool completely, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:28.51, Glycemic Load:7.93, Inflammation Score:-4, Nutrition Score:11.357826103335%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg

Hesperetin: 0.15mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## **Nutrients (% of daily need)**

Calories: 219.87kcal (10.99%), Fat: 17.08g (26.28%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 13.58g (4.94%), Sugar: 7.21g (8.01%), Cholesterol: 0mg (0%), Sodium: 81.23mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.81%), Manganese: 2.01mg (100.52%), Copper: 0.35mg (17.52%), Magnesium: 66.59mg (16.65%), Phosphorus: 151.73mg (15.17%), Vitamin E: 1.97mg (13.16%), Iron: 2.21mg (12.3%), Zinc: 1.62mg (10.83%), Vitamin K: 10.98µg (10.46%), Vitamin B1: 0.14mg (9.23%), Folate: 36.4µg (9.1%), Fiber: 2.19g (8.77%), Vitamin B3: 1.59mg (7.97%), Vitamin B2: 0.12mg (6.77%), Potassium: 184.99mg (5.29%), Vitamin B6: 0.1mg (5.25%), Selenium: 2.66µg (3.8%), Vitamin B12: 0.14µg (2.41%), Vitamin A: 90.85IU (1.82%), Vitamin C: 1.29mg (1.57%), Vitamin B5: 0.14mg (1.37%), Calcium: 11.56mg (1.16%)