



Bearly Hot Chocolate Snack Mix

 Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



172 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups chocolate graham snacks bear-shaped
- 1 oz env. cocoa mix hot
- 2 cups marshmallows jet-puffed miniature
- 12 cups popped popcorn

Equipment

- bowl

Directions

- Toss popcorn, marshmallows and graham snacks in large bowl.
- Sprinkle hot cocoa mix over popcorn mixture; toss to coat.
- Serve immediately or store in airtight container at room temperature for up to 1 week.

Nutrition Facts



PROTEIN 7.13% **FAT 19.43%** **CARBS 73.44%**

Properties

Glycemic Index:12.68, Glycemic Load:10.46, Inflammation Score:-1, Nutrition Score:1.8086956292391%

Nutrients (% of daily need)

Calories: 172.34kcal (8.62%), Fat: 3.83g (5.9%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 30.56g (11.11%), Sugar: 12.03g (13.36%), Cholesterol: 0mg (0%), Sodium: 93.13mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Fiber: 2.04g (8.15%), Manganese: 0.15mg (7.39%), Phosphorus: 48.06mg (4.81%), Magnesium: 19.21mg (4.8%), Iron: 0.5mg (2.75%), Zinc: 0.41mg (2.74%), Copper: 0.04mg (2.21%), Vitamin B3: 0.31mg (1.56%), Potassium: 43.93mg (1.26%), Folate: 4.19µg (1.05%), Vitamin B6: 0.02mg (1.05%)