



## Brownie Crunch Pretzel Trail Mix

 Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



725 kcal

DESSERT

### Ingredients

- 4 cups captain crunch peanut butter cereal
- 2 cups golden beets
- 1.5 cups pretzel twists
- 1 cup marshmallows miniature
- 1 cup m&m candies
- 0.5 cup roasted peanuts

### Equipment

- bowl

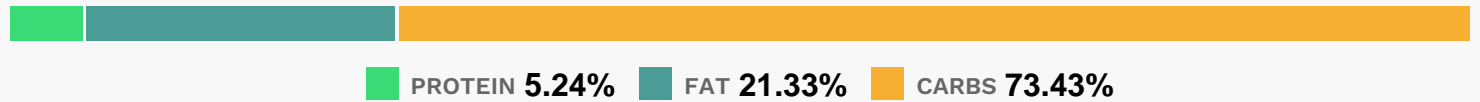
ziploc bags

## Directions

In large bowl or gallon-size resealable food-storage plastic bag, mix all ingredients.

Store tightly covered or sealed.

## Nutrition Facts



## Properties

Glycemic Index:20.75, Glycemic Load:7.71, Inflammation Score:-9, Nutrition Score:28.39391304099%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 724.5kcal (36.23%), Fat: 13.93g (21.44%), Saturated Fat: 7.1g (44.36%), Carbohydrates: 107.9g (35.97%), Net Carbohydrates: 102.21g (37.17%), Sugar: 59.92g (66.58%), Cholesterol: 3.12mg (1.04%), Sodium: 851.02mg (37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Folate: 1452.44µg (363.11%), Vitamin B1: 1.64mg (109.06%), Zinc: 16.08mg (107.21%), Vitamin B3: 19.05mg (95.23%), Vitamin B2: 1.53mg (89.88%), Vitamin B6: 1.79mg (89.71%), Fiber: 5.7g (22.78%), Manganese: 0.32mg (16.06%), Potassium: 334.76mg (9.56%), Iron: 0.94mg (5.24%), Magnesium: 20.47mg (5.12%), Phosphorus: 47.69mg (4.77%), Copper: 0.08mg (4.17%), Calcium: 37.65mg (3.77%), Vitamin C: 1.59mg (1.93%), Vitamin B5: 0.17mg (1.66%), Selenium: 1.1µg (1.58%), Vitamin A: 55.57IU (1.11%)