



Brownie Crunch Pretzel Trail Mix

 Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 1 cup m&m candies
- ☐ 2 cups corn flakes/bran flakes
- ☐ 4 cups kellogg's® cocoa cereal
- ☐ 0.5 cup roasted peanuts
- ☐ 1 cup marshmallows miniature
- ☐ 1.5 cups pretzel twists

Equipment

- ☐ bowl

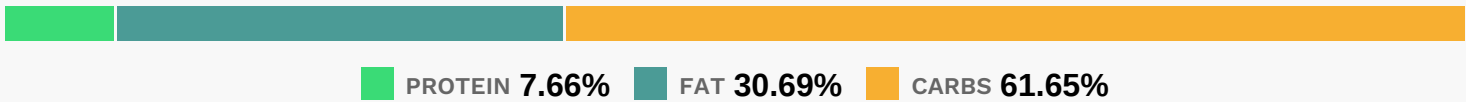
☐ ziploc bags

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:21.58, Glycemic Load:10.13, Inflammation Score:-7, Nutrition Score:13.462173982807%

Nutrients (% of daily need)

Calories: 268.45kcal (13.42%), Fat: 9.55g (14.7%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 39.47g (14.35%), Sugar: 22.87g (25.42%), Cholesterol: 3.12mg (1.04%), Sodium: 253.22mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.73%), Folate: 127.43µg (31.86%), Iron: 5.37mg (29.84%), Manganese: 0.57mg (28.52%), Vitamin B3: 5.43mg (27.15%), Vitamin B1: 0.36mg (23.72%), Vitamin B2: 0.37mg (21.75%), Vitamin B6: 0.43mg (21.3%), Vitamin B12: 1.21µg (20.11%), Zinc: 2.62mg (17.44%), Fiber: 3.72g (14.87%), Phosphorus: 104.7mg (10.47%), Vitamin A: 513.28IU (10.27%), Magnesium: 41.03mg (10.26%), Calcium: 90.1mg (9.01%), Selenium: 6.05µg (8.64%), Copper: 0.12mg (6.22%), Vitamin D: 0.8µg (5.31%), Potassium: 152.92mg (4.37%), Vitamin C: 3.46mg (4.19%), Vitamin B5: 0.25mg (2.49%), Vitamin E: 0.19mg (1.28%)