



## Chocolate Popcorn Trail Mix

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup cranberries dried
- 2 cups popped microwave popcorn reduced-sodium reduced-fat
- 2 squares baker's semi-sweet chocolate
- 2 cups bite-size wheat cereal shredded

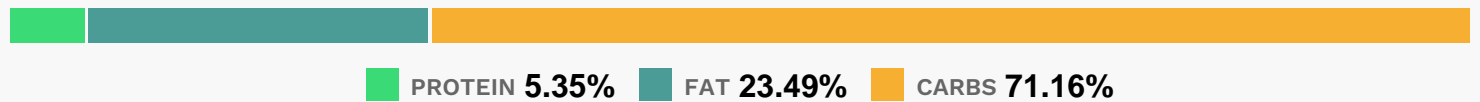
### Equipment

- bowl
- microwave

## Directions

- Microwave chocolate in large microwaveable bowl on HIGH 1 min., stirring after 30 sec. Stir until completely melted.
- Add popcorn and cereal; toss to evenly coat.
- Spread into single layer on large sheet of waxed paper. Cool. Toss with cranberries before serving.

## Nutrition Facts



## Properties

Glycemic Index:8.09, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:4.1799999812375%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 141.59kcal (7.08%), Fat: 3.96g (6.1%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 23.96g (8.71%), Sugar: 13.69g (15.21%), Cholesterol: 0.42mg (0.14%), Sodium: 23.15mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.02mg (2.01%), Protein: 2.03g (4.06%), Manganese: 0.45mg (22.49%), Fiber: 3.05g (12.2%), Magnesium: 31.44mg (7.86%), Vitamin B6: 0.15mg (7.6%), Copper: 0.14mg (7.25%), Phosphorus: 69.98mg (7%), Iron: 0.9mg (5.02%), Zinc: 0.62mg (4.1%), Vitamin B3: 0.8mg (4%), Potassium: 103.15mg (2.95%), Vitamin E: 0.44mg (2.92%), Vitamin B1: 0.04mg (2.36%), Vitamin K: 1.94µg (1.84%), Selenium: 1.2µg (1.72%), Vitamin C: 1.22mg (1.48%), Vitamin B2: 0.02mg (1.43%), Folate: 5.47µg (1.37%), Calcium: 12.21mg (1.22%)