



Christmas Gorp

READY IN



25 min.

SERVINGS



25

CALORIES



382 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups roasted almonds salted with skins
- 1.5 cups chocolate baking morsels white
- 0.3 cup butter
- 8 oz pretzel-flavored crackers fish-shaped (3 cups)
- 2 cups candy-coated chocolate pieces green red
- 8 cups corn and rice cereal squares crispy with crispix)
- 0.8 cup creamy peanut butter
- 1 tablespoon honey
- 1.5 cups powdered sugar

1.5 cups cranberries dried sweetened

Equipment

bowl

sauce pan

ziploc bags

Directions

Combine first 4 ingredients and cinnamon, if desired, in a heavy saucepan. Cook over medium heat, stirring until morsels and butter melt.

Place cereal and crackers in a large bowl; add melted white chocolate mixture. Stir until well coated.

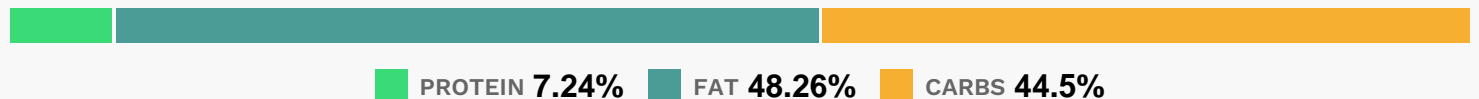
Let cool slightly.

Place powdered sugar in a large zip-top plastic bag.

Add coated cereal mixture in batches; seal bag, and toss well to coat.

Combine sugar-coated cereal mixture, almonds, and remaining ingredients in a large bowl. Stir gently to blend. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:5.05, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:12.938260969908%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 5.24mg, Catechin: 5.24mg, Catechin: 5.24mg, Catechin: 5.24mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 11.3mg, Epicatechin: 11.3mg, Epicatechin: 11.3mg, Epicatechin: 11.3mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 381.52kcal (19.08%), Fat: 21.76g (33.47%), Saturated Fat: 7.86g (49.15%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 40.68g (14.79%), Sugar: 26.39g (29.32%), Cholesterol: 7.38mg (2.46%), Sodium: 207mg (9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.34mg (2.11%), Protein: 7.35g (14.69%), Manganese: 0.79mg (39.46%), Iron: 5.17mg (28.74%), Vitamin E: 4.2mg (27.99%), Copper: 0.44mg (22.04%), Magnesium: 75.44mg (18.86%), Vitamin B2: 0.32mg (18.7%), Vitamin B3: 3.64mg (18.2%), Fiber: 4.46g (17.83%), Phosphorus: 148.01mg (14.8%), Vitamin B1: 0.21mg (13.8%), Folate: 52.51µg (13.13%), Vitamin B6: 0.22mg (11.05%), Zinc: 1.47mg (9.82%), Calcium: 77.61mg (7.76%), Vitamin B12: 0.45µg (7.53%), Potassium: 223.78mg (6.39%), Vitamin K: 6.04µg (5.75%), Vitamin A: 254.14IU (5.08%), Selenium: 2.71µg (3.86%), Vitamin C: 2mg (2.42%), Vitamin B5: 0.22mg (2.22%), Vitamin D: 0.32µg (2.15%)