



Cinnamon Burst Cheerios® Snack Mix

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



327 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups corn flakes/bran flakes
- 2 cups pinenuts
- 4 cups popped popcorn
- 6 oz cranberries dried
- 6 oz almonds salted canned
- 2.5 oz apples crispy (2 cups)

Equipment

- bowl

Directions

- In large bowl or resealable gallon-size food-storage bag, mix all ingredients.
- Store tightly covered or sealed.

Nutrition Facts

PROTEIN 8.55% **FAT 58.28%** **CARBS 33.17%**

Properties

Glycemic Index:15.05, Glycemic Load:6.38, Inflammation Score:-7, Nutrition Score:18.721304471078%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 327.22kcal (16.36%), Fat: 23g (35.39%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 23.61g (8.58%), Sugar: 14.22g (15.8%), Cholesterol: 0mg (0%), Sodium: 55.65mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Manganese: 2.74mg (137.08%), Vitamin E: 6.12mg (40.83%), Magnesium: 123.79mg (30.95%), Iron: 4.75mg (26.39%), Phosphorus: 257.37mg (25.74%), Copper: 0.51mg (25.66%), Fiber: 5.86g (23.44%), Vitamin B2: 0.36mg (21.25%), Folate: 81.9µg (20.48%), Zinc: 2.52mg (16.82%), Vitamin B3: 3.34mg (16.69%), Vitamin B1: 0.25mg (16.51%), Vitamin K: 13.52µg (12.87%), Vitamin B6: 0.22mg (11.21%), Potassium: 316.85mg (9.05%), Selenium: 6.07µg (8.68%), Vitamin B12: 0.5µg (8.33%), Vitamin A: 267.04IU (5.34%), Calcium: 48.02mg (4.8%), Vitamin B5: 0.28mg (2.77%), Vitamin D: 0.33µg (2.2%)