



## Cinnamon Burst Cheerios® Snack Mix

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



348 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

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

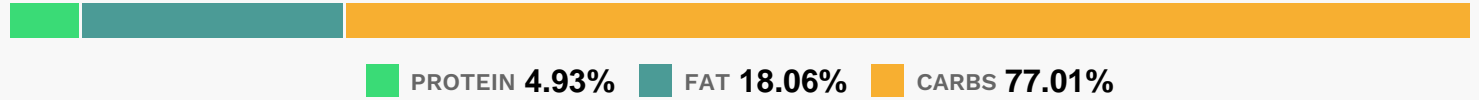
### Equipment

- bowl

## Directions

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

## Nutrition Facts



## Properties

Glycemic Index:19.4, Glycemic Load:30.66, Inflammation Score:-6, Nutrition Score:11.779130513253%

## 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: 347.55kcal (17.38%), Fat: 7.61g (11.71%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 73.08g (24.36%), Net Carbohydrates: 67.94g (24.7%), Sugar: 59.8g (66.44%), Cholesterol: 0mg (0%), Sodium: 57.46mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Manganese: 0.81mg (40.32%), Vitamin E: 4.02mg (26.83%), Iron: 3.74mg (20.79%), Fiber: 5.14g (20.56%), Vitamin B2: 0.33mg (19.51%), Folate: 75.38µg (18.85%), Magnesium: 68.44mg (17.11%), Phosphorus: 130.25mg (13.03%), Vitamin B3: 2.42mg (12.1%), Copper: 0.24mg (11.82%), Vitamin B1: 0.17mg (11.05%), Vitamin B6: 0.22mg (10.83%), Selenium: 6.37µg (9.1%), Vitamin B12: 0.5µg (8.33%), Zinc: 1.2mg (7.97%), Potassium: 211.91mg (6.05%), Vitamin A: 260.52IU (5.21%), Calcium: 47.81mg (4.78%), Vitamin B5: 0.24mg (2.45%), Vitamin D: 0.33µg (2.2%), Vitamin K: 1.39µg (1.32%)