



## Cinnamon Snack Mix

READY IN



20 min.

SERVINGS



12

CALORIES



1049 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup almonds sliced
- 0.3 cup butter
- 3 cups cinnamon-flavored graham cookies bear-shaped
- 1 cup golden raisins
- 0.3 cup honey
- 5 cups honey graham cereal
- 1 teaspoon orange juice
- 2 cups japanese ramen noodles crushed

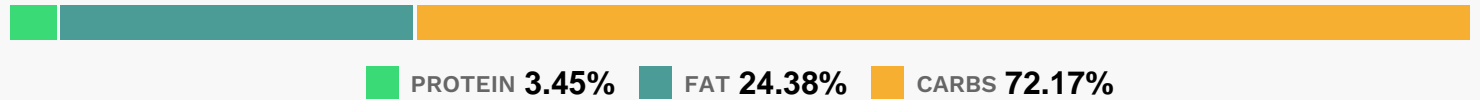
## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large bowl, mix honey graham cereal, bear-shaped graham cookies, ramen noodles, almonds, and golden raisins.
- In a small saucepan over low heat, melt butter, and blend in honey and orange juice.
- Spread over the honey graham cereal mixture, and toss to coat.
- Spread mixture onto a large baking sheet.
- Bake 10 minutes in the preheated oven.

## Nutrition Facts



## Properties

Glycemic Index:32.02, Glycemic Load:104.98, Inflammation Score:-4, Nutrition Score:13.663478364115%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 1049.22kcal (52.46%), Fat: 29.7g (45.69%), Saturated Fat: 11.25g (70.29%), Carbohydrates: 197.81g (65.94%), Net Carbohydrates: 194.63g (70.77%), Sugar: 144.55g (160.61%), Cholesterol: 13.56mg (4.52%), Sodium: 1059.7mg (46.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.89%), Vitamin B1: 0.63mg (41.88%), Manganese: 0.74mg (37.04%), Vitamin B2: 0.44mg (25.65%), Folate: 98.74µg (24.68%), Iron: 4.41mg (24.49%), Vitamin E: 3.67mg (24.48%), Vitamin B3: 4.08mg (20.42%), Copper: 0.28mg (13.97%), Phosphorus: 135.15mg (13.52%), Selenium: 9.2µg (13.14%), Fiber: 3.18g (12.72%), Magnesium: 40.31mg (10.08%), Potassium: 335.95mg (9.6%), Vitamin K: 9.62µg (9.16%), Vitamin B6: 0.16mg (7.99%), Zinc: 1.18mg (7.87%), Calcium: 51.61mg (5.16%), Vitamin B5: 0.44mg (4.42%), Vitamin A: 214.4IU (4.29%), Vitamin C: 1.55mg (1.88%), Vitamin B12: 0.11µg (1.82%)