



## Cinnamon Snack Mix

READY IN



60 min.

SERVINGS



24

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 cups pinenuts
- 3 cups vanilla yogurt
- 2 cups buttered toast
- 1.5 cup raisins
- 1 cup cashew pieces
- 0.5 cup butter
- 0.3 cup honey
- 1 teaspoon orange zest grated
- 0.5 teaspoon ground cinnamon

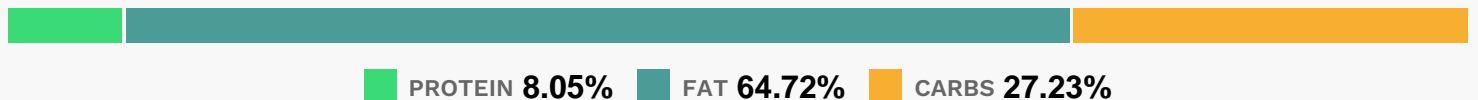
## Equipment

- bowl
- frying pan
- oven
- aluminum foil
- microwave
- measuring cup
- broiler pan

## Directions

- Heat oven to 350°F. In large bowl, mix cereals, raisins and pecans.
- In 2-cup microwavable measuring cup, microwave butter uncovered on High 30 seconds to 1 minute or until melted; stir in honey, orange peel and cinnamon.
- Pour over cereal mixture, tossing to coat evenly.
- Spread evenly in ungreased broiler pan or 15x10x1-inch pan.
- Bake 11 to 13 minutes or until mixture is glazed, stirring once during bake time.
- Spread on foil to cool completely, about 30 minutes. Store in tightly covered container.

## Nutrition Facts



## Properties

Glycemic Index:5.89, Glycemic Load:5.7, Inflammation Score:-5, Nutrition Score:12.639565208684%

## Nutrients (% of daily need)

Calories: 289.91kcal (14.5%), Fat: 22.14g (34.06%), Saturated Fat: 2.6g (16.22%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 19.2g (6.98%), Sugar: 8.43g (9.37%), Cholesterol: 1.57mg (0.52%), Sodium: 90.79mg (3.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.39%), Manganese: 2.12mg (106.04%), Copper: 0.45mg (22.65%), Phosphorus: 214.52mg (21.45%), Magnesium: 81.02mg (20.25%), Vitamin E: 2.31mg (15.4%), Zinc: 2.07mg (13.78%), Vitamin K: 14.13µg (13.46%), Iron: 2mg (11.13%), Vitamin B1: 0.14mg (9.59%), Potassium: 320.73mg (9.16%),

Vitamin B2: 0.15mg (8.71%), Fiber: 1.76g (7.03%), Calcium: 67.14mg (6.71%), Vitamin B3: 1.33mg (6.66%), Selenium: 3.97µg (5.68%), Folate: 16.68µg (4.17%), Vitamin B6: 0.08mg (3.91%), Vitamin A: 189.33IU (3.79%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.17µg (2.8%), Vitamin C: 1.08mg (1.31%)