



WHATSheATE



## Crunchy Cinnamon Snack Mix



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 5 cups buttered toast
- ☐ 3 cup corn flakes/bran flakes
- ☐ 6.6 oz round buttery crackers fish-shaped
- ☐ 7 oz pretzel sticks
- ☐ 0.5 cup butter melted

### Equipment

- ☐ bowl
- ☐ frying pan

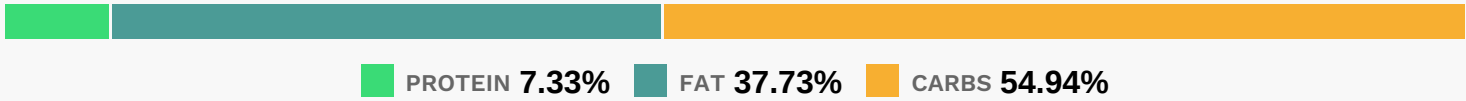
☐

 oven

## Directions

- ☐ Heat oven to 300°F. In large bowl, mix all ingredients except butter.
- ☐ Pour melted butter over mixture; toss until evenly coated.
- ☐ Spread in ungreased 13x9-inch pan.
- ☐ Bake 25 minutes, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:5.18, Glycemic Load:6.03, Inflammation Score:-4, Nutrition Score:4.8634782848151%

## Nutrients (% of daily need)

Calories: 118.38kcal (5.92%), Fat: 5.07g (7.8%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 15.33g (5.57%), Sugar: 1.75g (1.95%), Cholesterol: 0.08mg (0.03%), Sodium: 238.71mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Manganese: 0.27mg (13.48%), Folate: 50.98µg (12.75%), Iron: 1.95mg (10.84%), Vitamin B1: 0.14mg (9.27%), Vitamin B3: 1.62mg (8.08%), Selenium: 5µg (7.15%), Vitamin B2: 0.12mg (7.13%), Phosphorus: 52.05mg (5.2%), Fiber: 1.29g (5.15%), Vitamin A: 235.33IU (4.71%), Vitamin B6: 0.08mg (4.09%), Magnesium: 14.33mg (3.58%), Vitamin K: 3.61µg (3.44%), Vitamin B12: 0.21µg (3.42%), Vitamin E: 0.41mg (2.77%), Copper: 0.05mg (2.42%), Zinc: 0.36mg (2.39%), Calcium: 23.21mg (2.32%), Potassium: 54.91mg (1.57%), Vitamin B5: 0.1mg (1.04%)