



Crunchy Orange Spice Snack Mix

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



20

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces dave's vanilla and coffee syrup
- 12 ounces nuts mixed canned
- 2 egg whites
- 2 tablespoons orange juice
- 1.3 cups sugar
- 2 teaspoons ground cinnamon
- 1 cup cranberries dried

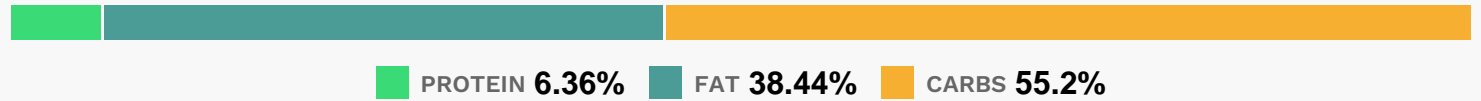
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Heat oven to 275°. Grease jelly roll pan, 15 1/2x10 1/2x1 inch.
- Mix snacks and nuts in large bowl. Beat egg whites, orange juice, sugar and cinnamon in small bowl, using wire whisk or hand beater, until foamy.
- Pour over snack mixture; stir until evenly coated.
- Spread in pan.
- Bake uncovered 35 minutes, stirring every 15 minutes. Stir in cranberries.
- Bake uncovered 10 to 15 minutes or until light brown and crisp. Cool completely. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:12.84, Glycemic Load:15.92, Inflammation Score:-2, Nutrition Score:3.8995651908867%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 196.65kcal (9.83%), Fat: 8.87g (13.65%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 26.7g (9.71%), Sugar: 21.83g (24.26%), Cholesterol: 0mg (0%), Sodium: 9.79mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Manganese: 0.38mg (19.08%), Copper: 0.23mg (11.33%), Magnesium: 39.49mg (9.87%), Fiber: 1.96g (7.85%), Phosphorus: 75.68mg (7.57%), Zinc: 0.67mg (4.47%), Vitamin B3: 0.85mg (4.23%), Iron: 0.69mg (3.81%), Potassium: 116.32mg (3.32%), Vitamin B2: 0.05mg (3.11%), Vitamin B6:

0.05mg (2.69%), Vitamin B1: 0.04mg (2.43%), Folate: 9.15µg (2.29%), Vitamin B5: 0.23mg (2.28%), Calcium: 15.5mg (1.55%), Vitamin C: 0.94mg (1.14%), Selenium: 0.78µg (1.11%)