



Easy Microwave Cranberry Almond Snack Mix

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



13

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz almonds nature valley®
- 0.3 cup brown sugar packed
- 0.3 cup butter melted
- 1 cup chocolate-covered peanuts
- 0.5 cup cranberries dried

Equipment

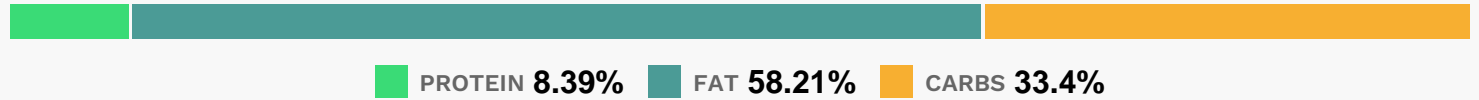
- bowl
- paper towels

microwave

Directions

- In large microwavable bowl, mix brown sugar and butter until well combined. Stir in granola. Microwave uncovered on High 2 minutes, stirring after 1 minute. Stir in dried cranberries.
- Spread mixture onto paper towels to cool, about 10 minutes. Stir in yogurt-covered raisins.

Nutrition Facts



Properties

Glycemic Index:0.77, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:8.8595651231058%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 254.71kcal (12.74%), Fat: 17.58g (27.05%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 19.03g (6.92%), Sugar: 17.14g (19.05%), Cholesterol: 0.42mg (0.14%), Sodium: 47.81mg (2.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.41%), Vitamin E: 6.41mg (42.76%), Manganese: 0.61mg (30.64%), Magnesium: 71.7mg (17.92%), Vitamin B2: 0.3mg (17.57%), Copper: 0.3mg (15.18%), Fiber: 3.67g (14.7%), Phosphorus: 136.73mg (13.67%), Calcium: 81.68mg (8.17%), Potassium: 256.75mg (7.34%), Iron: 1.17mg (6.53%), Zinc: 0.93mg (6.18%), Vitamin B3: 0.95mg (4.77%), Vitamin B1: 0.06mg (4.12%), Vitamin A: 168.99IU (3.38%), Folate: 11.75µg (2.94%), Vitamin B6: 0.05mg (2.35%), Selenium: 1.42µg (2.03%), Vitamin B5: 0.17mg (1.68%)