



Easy Snack Mix

READY IN



5 min.

SERVINGS



5

CALORIES



2385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 38.4 oz candy-coated chocolate pieces
- ☐ 13.7 oz bite-size cheddar cheese crackers white
- ☐ 5 cups rice cereal squares
- ☐ 16 oz pretzel twists
- ☐ 16 oz honey-roasted peanuts

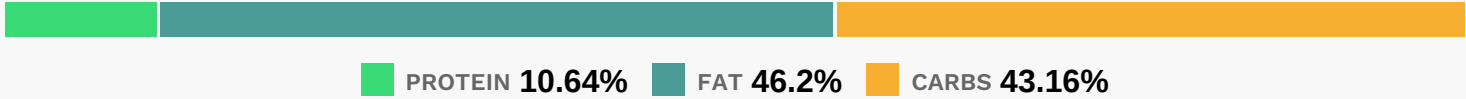
Equipment

- ☐ bowl

Directions

☐ Toss together rice cereal squares, candy-coated chocolate pieces, pretzel twists, honey-roasted peanuts, and white Cheddar cheese crackers in a large bowl. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:58.49, Inflammation Score:-10, Nutrition Score:52.514347428861%

Nutrients (% of daily need)

Calories: 2384.77kcal (119.24%), Fat: 124.93g (192.2%), Saturated Fat: 53.75g (335.96%), Carbohydrates: 262.56g (87.52%), Net Carbohydrates: 244.99g (89.09%), Sugar: 140.59g (156.21%), Cholesterol: 110.34mg (36.78%), Sodium: 2392.21mg (104.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.72g (129.43%), Manganese: 3.96mg (197.86%), Folate: 494.89µg (123.72%), Vitamin B3: 23.36mg (116.82%), Calcium: 1016.85mg (101.69%), Iron: 18.02mg (100.09%), Phosphorus: 862.92mg (86.29%), Vitamin B1: 1.07mg (71.34%), Fiber: 17.58g (70.31%), Vitamin B2: 1.15mg (67.81%), Zinc: 9.36mg (62.41%), Selenium: 38.07µg (54.39%), Magnesium: 207.79mg (51.95%), Vitamin B6: 0.85mg (42.62%), Copper: 0.84mg (41.85%), Vitamin B12: 2.33µg (38.88%), Vitamin A: 1766.07IU (35.32%), Potassium: 1016.85mg (29.05%), Vitamin B5: 2.29mg (22.87%), Vitamin C: 9.21mg (11.16%), Vitamin D: 1.47µg (9.77%), Vitamin E: 1.1mg (7.36%), Vitamin K: 4.67µg (4.45%)