



Eat-It-Up Snack Mix

READY IN



45 min.

SERVINGS



11

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons brown sugar packed
- ☐ 0.3 cup butter
- ☐ 1 cup candy corn
- ☐ 4 cups corn flakes/bran flakes crispy
- ☐ 2 tablespoons plus light
- ☐ 4 cups popped popcorn
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 1 cup roasted peanuts
- ☐ 1 cup roasted pumpkin seeds

☐ 0.3 teaspoon vanilla extract

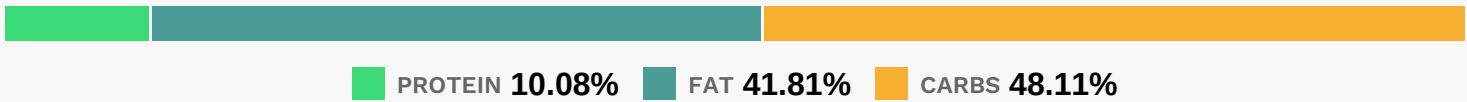
Equipment

- ☐ bowl
- ☐ wax paper
- ☐ microwave

Directions

- ☐ In a 4-quart microwave-safe bowl, mix together cereal, popcorn, peanuts and pumpkin seeds; set aside. In a microwave-safe bowl, combine butter, brown sugar, corn syrup and vanilla. Microwave, uncovered on high setting for about 2 minutes, until mixture is boiling; stir after one minute. Stir in spice.
- ☐ Pour over cereal mixture and stir until evenly coated. Microwave 5 minutes, stirring after every minute.
- ☐ Spread on wax paper.
- ☐ Let cool for about 15 minutes, stirring occasionally to break up any large pieces.
- ☐ Add candy and toss to mix. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:18.87, Glycemic Load:8.8, Inflammation Score:-8, Nutrition Score:15.780869701634%

Nutrients (% of daily need)

Calories: 333.44kcal (16.67%), Fat: 16.46g (25.32%), Saturated Fat: 4.66g (29.09%), Carbohydrates: 42.61g (14.2%), Net Carbohydrates: 37.48g (13.63%), Sugar: 25.51g (28.34%), Cholesterol: 11.09mg (3.7%), Sodium: 243.95mg (10.61%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 8.93g (17.86%), Manganese: 1.37mg (68.47%), Folate: 121.33µg (30.33%), Magnesium: 121.17mg (30.29%), Iron: 5.43mg (30.14%), Phosphorus: 258.49mg (25.85%), Vitamin B3: 4.99mg (24.95%), Fiber: 5.13g (20.51%), Vitamin B1: 0.25mg (16.37%), Copper: 0.31mg (15.55%), Vitamin B6: 0.3mg (15.07%), Selenium: 9.8µg (14%), Vitamin B2: 0.24mg (13.9%), Zinc: 1.96mg (13.07%), Vitamin B12: 0.74µg (12.27%), Vitamin A: 501.38IU (10.03%), Potassium: 288.63mg (8.25%), Vitamin B5: 0.41mg (4.07%), Calcium: 33.04mg (3.3%), Vitamin D: 0.48µg (3.2%), Vitamin E: 0.3mg (2.03%), Vitamin K: 1.11µg (1.06%)