



Fiber One® Graham Snack Mix



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



11

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups corn flakes/bran flakes fiber one® honey clusters®
- ☐ 2 cups corn flakes/bran flakes golden grahams®
- ☐ 0.5 cup golden raisins
- ☐ 1 cup roasted peanuts

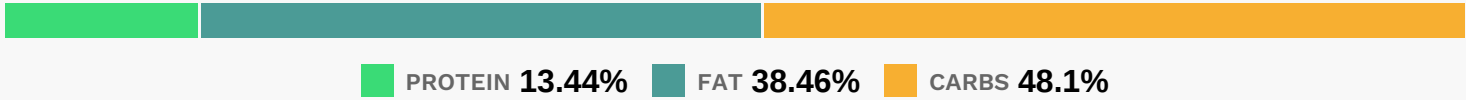
Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐ In large bowl or gallon-size resealable food-storage plastic bag, mix ingredients.
- ☐ Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:9.36, Inflammation Score:-6, Nutrition Score:11.751304314188%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 144.46kcal (7.22%), Fat: 6.84g (10.53%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 15.16g (5.51%), Sugar: 6.61g (7.34%), Cholesterol: 0mg (0%), Sodium: 136.81mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Manganese: 0.85mg (42.59%), Folate: 113.94µg (28.48%), Iron: 4.49mg (24.96%), Vitamin B3: 4.49mg (22.43%), Fiber: 4.11g (16.43%), Vitamin B1: 0.23mg (15.45%), Vitamin B6: 0.3mg (15.13%), Magnesium: 57.91mg (14.48%), Vitamin B2: 0.23mg (13.38%), Phosphorus: 124.25mg (12.43%), Selenium: 8.68µg (12.4%), Vitamin B12: 0.73µg (12.12%), Copper: 0.18mg (9.22%), Vitamin A: 363.64IU (7.27%), Zinc: 1.01mg (6.76%), Potassium: 229.69mg (6.56%), Vitamin B5: 0.32mg (3.2%), Vitamin D: 0.48µg (3.2%), Calcium: 23.17mg (2.32%)