



Fruity Fun Snack Mix



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



11

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups corn flakes/bran flakes
- ☐ 2 cups pretzel twists
- ☐ 1 cup cherries mixed dried (cranberries, cherries and blueberries)
- ☐ 1 cup freeze strawberries
- ☐ 1 cup blueberries fresh dry rinsed drained well

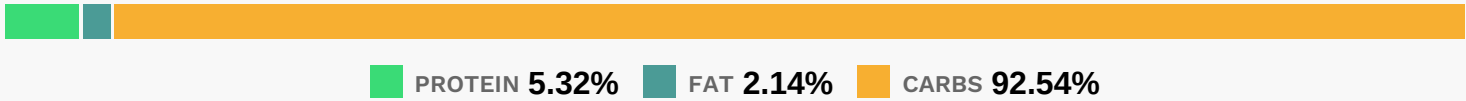
Equipment

- ☐ bowl

Directions

- ☐ In large serving bowl, place all ingredients except fresh blueberries; gently toss together.
- ☐ Just before serving, add fresh blueberries. Cover and refrigerate any remaining mix up to 1 day.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:8.86, Inflammation Score:-8, Nutrition Score:12.442608740019%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Petunidin: 4.24mg, Petunidin: 4.24mg, Petunidin: 4.24mg, Petunidin: 4.24mg Delphinidin: 4.77mg, Delphinidin: 4.77mg, Delphinidin: 4.77mg, Delphinidin: 4.77mg Malvidin: 9.09mg, Malvidin: 9.09mg, Malvidin: 9.09mg, Malvidin: 9.09mg Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 179.9kcal (9%), Fat: 0.42g (0.65%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 35.88g (13.05%), Sugar: 22.98g (25.53%), Cholesterol: 0mg (0%), Sodium: 136.99mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin C: 264.3mg (320.36%), Iron: 7.34mg (40.77%), Fiber: 5.32g (21.28%), Manganese: 0.38mg (18.84%), Folate: 63.3µg (15.83%), Vitamin A: 580.27IU (11.61%), Potassium: 353.06mg (10.09%), Vitamin B1: 0.13mg (8.82%), Vitamin B3: 1.68mg (8.39%), Vitamin B2: 0.13mg (7.82%), Vitamin B6: 0.14mg (6.82%), Vitamin B12: 0.36µg (6.06%), Selenium: 4.17µg (5.96%), Magnesium: 19.7mg (4.93%), Phosphorus: 44.16mg (4.42%), Zinc: 0.47mg (3.1%), Copper: 0.06mg (2.8%), Vitamin K: 2.91µg (2.78%), Calcium: 20.74mg (2.07%), Vitamin D: 0.24µg (1.6%), Vitamin E: 0.17mg (1.13%), Vitamin B5: 0.11mg (1.06%)