



Gold Rush Chex Mix

 Dairy Free

READY IN



5 min.

SERVINGS



16

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 oz berries mixed dried
- ☐ 5 cups corn flakes/bran flakes
- ☐ 0.5 cup chocolate chips dark
- ☐ 1 cup pretzel nuggets

Equipment

- ☐ bowl

Directions

☐ In large bowl, mix all ingredients.

Nutrition Facts



Properties

Glycemic Index:4.52, Glycemic Load:5.62, Inflammation Score:-5, Nutrition Score:8.0652175027391%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Petunidin: 1.61mg, Petunidin: 1.61mg, Petunidin: 1.61mg, Petunidin: 1.61mg Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg Malvidin: 4.4mg, Malvidin: 4.4mg, Malvidin: 4.4mg, Malvidin: 4.4mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 115.12kcal (5.76%), Fat: 2.59g (3.98%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 18.91g (6.88%), Sugar: 6.1g (6.78%), Cholesterol: 1.06mg (0.35%), Sodium: 216.44mg (9.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Manganese: 0.47mg (23.34%), Folate: 85.18µg (21.29%), Iron: 3.59mg (19.94%), Fiber: 2.94g (11.77%), Vitamin B1: 0.17mg (11.4%), Vitamin B6: 0.22mg (11.25%), Vitamin B2: 0.19mg (11.08%), Vitamin B3: 2.19mg (10.96%), Vitamin B12: 0.64µg (10.68%), Selenium: 6.86µg (9.81%), Magnesium: 31.09mg (7.77%), Vitamin A: 327.19IU (6.54%), Phosphorus: 64.19mg (6.42%), Zinc: 0.83mg (5.53%), Copper: 0.08mg (3.79%), Potassium: 107.02mg (3.06%), Vitamin D: 0.41µg (2.75%), Calcium: 27.27mg (2.73%), Vitamin K: 2.06µg (1.96%), Vitamin B5: 0.16mg (1.62%), Vitamin E: 0.23mg (1.51%)