



Harvest Snack Mix

READY IN



50 min.

SERVINGS



6

CALORIES



624 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups pretzel sticks
- 1 cup nuts mixed
- 0.5 cup sunflower seeds
- 6 tablespoons butter melted
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 8 cups popped popcorn
- 1 cup candy corn
- 1 cup cocoa mix

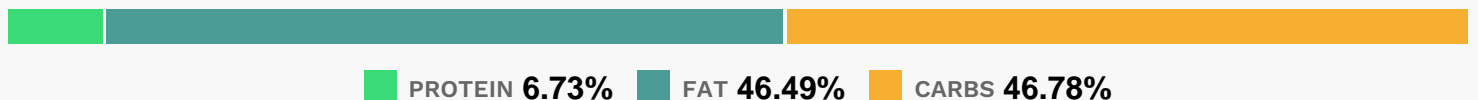
Equipment

- bowl
- oven
- baking pan

Directions

- In a large bowl, combine the pretzels, nuts and sunflower kernels.
- Combine the butter, cinnamon and cloves.
- Drizzle a third of butter mixture over pretzel mixture; toss to coat.
- Transfer to a greased 15x10x1-in. baking pan.
- Bake at 300° for 15 minutes.
- Place popcorn in a large bowl; drizzle with remaining butter mixture and toss to coat. Stir into pretzel mixture.
- Bake 15 minutes longer or until heated through. Cool; transfer to a large bowl.
- Add candy corn and bridge mix; toss to combine.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:19.52, Inflammation Score:-7, Nutrition Score:15.043913021036%

Nutrients (% of daily need)

Calories: 623.87kcal (31.19%), Fat: 33.67g (51.8%), Saturated Fat: 11.51g (71.93%), Carbohydrates: 76.23g (25.41%), Net Carbohydrates: 69.44g (25.25%), Sugar: 37.02g (41.14%), Cholesterol: 30.1mg (10.03%), Sodium: 574.84mg (24.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.93%), Manganese: 1.07mg (53.71%), Magnesium: 117.31mg (29.33%), Vitamin E: 4.39mg (29.27%), Copper: 0.58mg (28.81%), Fiber: 6.78g (27.14%), Phosphorus: 258.01mg (25.8%), Vitamin B1: 0.31mg (20.56%), Folate: 76.12µg (19.03%), Iron: 3.18mg (17.66%), Vitamin B3: 3.39mg (16.95%), Zinc: 2.13mg (14.22%), Vitamin B6: 0.26mg (12.95%), Selenium: 6.89µg (9.84%), Vitamin B2: 0.17mg (9.81%), Potassium: 309.69mg (8.85%), Vitamin A: 390.55IU (7.81%), Calcium: 56.87mg (5.69%), Vitamin B5: 0.57mg (5.69%), Vitamin K: 1.79µg (1.7%)