



## Heart-y Antioxidant Almond Snack Mix

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup smooth almond butter
- 0.8 cup almond flour
- 0.3 cup almonds sliced
- 3 cups corn flakes/bran flakes such as fiber one® brand
- 0.8 cup powdered sugar
- 0.8 cup chocolate chips dark
- 0.5 cup butter such as smart balance® brand (may use butter)
- 3 cups bread such as chex® brand

1 cup cranberries dried sweetened

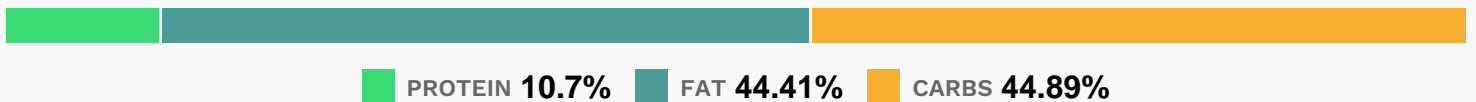
## Equipment

- bowl
- frying pan
- ziploc bags
- microwave

## Directions

- Line a large sheet pan with waxed paper.
- Place cereal and dried cranberries in a large resealable plastic bag. In a microwavable bowl, add chocolate chips, almond butter and enriched margarine spread (or butter). Microwave on High heat, uncovered, for 1 minute. Stir. Microwave for another 30 seconds; remove and stir until smooth.
- Pour chocolate mixture into plastic bag, seal and shake to coat evenly.
- Add almond flour, sliced almonds and confectioners sugar. Reseal and shake to coat.
- Spread mixture on waxed paper and cool completely. Refrigerate in an airtight container; mix can be stored for up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:8.44, Glycemic Load:13.2, Inflammation Score:-6, Nutrition Score:14.953043681772%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg

0.16mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 345.77kcal (17.29%), Fat: 17.77g (27.34%), Saturated Fat: 4.19g (26.21%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 34.48g (12.54%), Sugar: 16g (17.77%), Cholesterol: 0.08mg (0.03%), Sodium: 282.11mg (12.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.27%), Manganese: 1.36mg (67.97%), Fiber: 5.96g (23.82%), Vitamin E: 3.57mg (23.79%), Selenium: 14.44µg (20.62%), Magnesium: 81.3mg (20.32%), Iron: 3.59mg (19.94%), Phosphorus: 184.03mg (18.4%), Folate: 68.75µg (17.19%), Vitamin B1: 0.26mg (17.12%), Vitamin B2: 0.29mg (17.04%), Vitamin B3: 3.35mg (16.76%), Calcium: 141.86mg (14.19%), Copper: 0.25mg (12.56%), Zinc: 1.68mg (11.21%), Vitamin B6: 0.22mg (11.19%), Vitamin A: 394.27IU (7.89%), Potassium: 274.92mg (7.85%), Vitamin B12: 0.36µg (6.01%), Vitamin B5: 0.44mg (4.44%), Vitamin K: 4.26µg (4.06%), Vitamin D: 0.22µg (1.47%)