



Hiker's Trail Chex Mix



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



392 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chocolate chips
- ☐ 1 cup honey
- ☐ 1 cup raisins
- ☐ 1 cup soy nuts
- ☐ 1 cup wheat chex

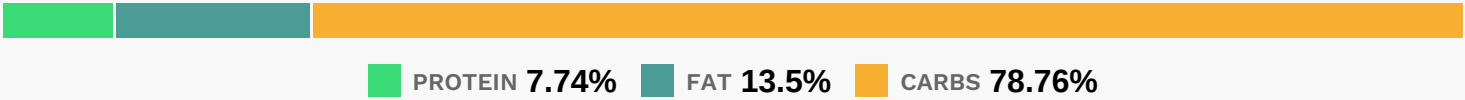
Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐ In large bowl, mix all ingredients.
- ☐ Store in resealable plastic bag or tightly covered container.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:25.85, Inflammation Score:-7, Nutrition Score:20.75869569312%

Nutrients (% of daily need)

Calories: 391.82kcal (19.59%), Fat: 6.45g (9.93%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 84.71g (28.24%), Net Carbohydrates: 78.68g (28.61%), Sugar: 44.36g (49.29%), Cholesterol: 0mg (0%), Sodium: 176.89mg (7.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.66%), Vitamin D: 25.16µg (167.74%), Folate: 276.9µg (69.23%), Iron: 10.17mg (56.48%), Zinc: 3.98mg (26.56%), Fiber: 6.03g (24.13%), Vitamin B2: 0.4mg (23.78%), Vitamin B1: 0.31mg (20.39%), Vitamin B6: 0.38mg (19.25%), Phosphorus: 185.1mg (18.51%), Vitamin B3: 3.52mg (17.61%), Manganese: 0.34mg (16.81%), Vitamin B12: 0.94µg (15.73%), Magnesium: 57.95mg (14.49%), Potassium: 469.24mg (13.41%), Copper: 0.2mg (9.77%), Calcium: 94.83mg (9.48%), Vitamin C: 5.5mg (6.67%), Vitamin A: 314.51IU (6.29%), Vitamin K: 4.3µg (4.1%), Selenium: 2.69µg (3.84%)