



WHATSheATE



HEALTH SCORE

61%

Hiker's Trail Chex Mix



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



8

CALORIES



273 kcal

SIDE DISH

Ingredients



1 cup cheerios multigrain cheerios® honey nut cheerios®



1 cup wheat chex wheat chex®



0.5 cup chocolate chips



1 cup raisins



1 cup soy nuts

Equipment



bowl

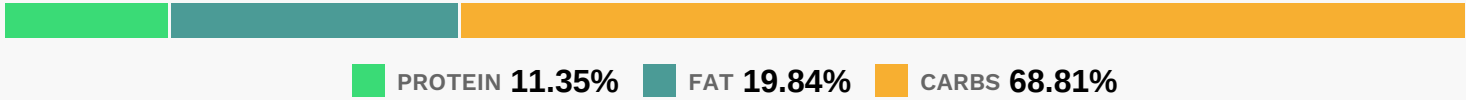


ziploc bags

Directions

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

Nutrition Facts



Properties

Glycemic Index:7.35, Glycemic Load:7.64, Inflammation Score:-7, Nutrition Score:21.879130488181%

Nutrients (% of daily need)

Calories: 272.77kcal (13.64%), Fat: 6.63g (10.19%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 51.72g (17.24%), Net Carbohydrates: 45.5g (16.55%), Sugar: 9.69g (10.77%), Cholesterol: 0mg (0%), Sodium: 188.24mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.05%), Vitamin D: 25.26µg (168.37%), Folate: 294.8µg (73.7%), Iron: 10.75mg (59.71%), Zinc: 4.24mg (28.28%), Fiber: 6.21g (24.85%), Vitamin B2: 0.39mg (22.99%), Vitamin B1: 0.34mg (22.67%), Vitamin B6: 0.42mg (21.09%), Manganese: 0.4mg (19.77%), Vitamin B3: 3.94mg (19.7%), Phosphorus: 192.78mg (19.28%), Vitamin B12: 1.12µg (18.69%), Magnesium: 60.1mg (15.02%), Potassium: 463.82mg (13.25%), Calcium: 101.66mg (10.17%), Copper: 0.19mg (9.52%), Vitamin A: 401.11IU (8.02%), Vitamin C: 5.85mg (7.09%), Selenium: 3.01µg (4.29%), Vitamin K: 4.35µg (4.15%)