



Honey Nut Snack Mix

 Vegetarian

READY IN



80 min.

SERVINGS



20

CALORIES



385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 cups pinenuts organic cascadian farm®
- ☐ 1 cup pretzel sticks
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 tablespoons butter
- ☐ 1.5 cups roasted peanuts
- ☐ 1.5 cups banana chips dried
- ☐ 1 cup raisins

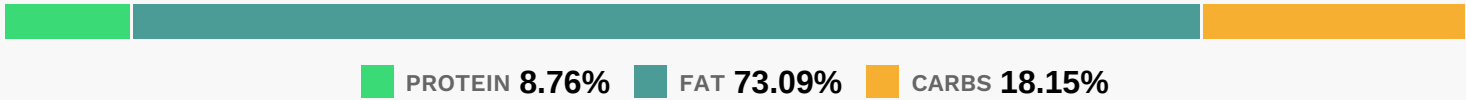
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. In large bowl, mix cereal and pretzels.
- ☐ In 1-quart saucepan, heat peanut butter and butter to boiling, stirring occasionally; pour over cereal mixture. Toss until evenly coated.
- ☐ Spread in ungreased 13x9-inch pan.
- ☐ Bake 10 minutes, stirring occasionally. Stir in peanuts.
- ☐ Spread on waxed paper to cool, about 1 hour.
- ☐ Stir in banana chips and raisins. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:10.29, Glycemic Load:4.92, Inflammation Score:-5, Nutrition Score:14.952608789115%

Nutrients (% of daily need)

Calories: 385.13kcal (19.26%), Fat: 33.5g (51.54%), Saturated Fat: 5.4g (33.74%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 15.26g (5.55%), Sugar: 3.86g (4.29%), Cholesterol: 3.01mg (1%), Sodium: 108.06mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.08%), Manganese: 3.42mg (171.04%), Magnesium: 116.42mg (29.1%), Copper: 0.57mg (28.54%), Phosphorus: 260.3mg (26.03%), Vitamin E: 3.5mg (23.36%), Vitamin B3: 3.82mg (19.1%), Vitamin K: 18.46µg (17.58%), Zinc: 2.57mg (17.13%), Iron: 2.57mg (14.27%), Fiber: 3.46g (13.83%), Vitamin B1: 0.19mg (12.5%), Potassium: 405.21mg (11.58%), Folate: 34.27µg (8.57%), Vitamin B2: 0.12mg (6.83%), Vitamin B6: 0.11mg (5.32%), Vitamin B5: 0.35mg (3.46%), Calcium: 22.2mg (2.22%), Selenium: 1.47µg (2.09%), Vitamin C: 1.12mg (1.36%)