



Kids' Party Mix

READY IN



5 min.

SERVINGS



9

CALORIES



471 kcal

SIDE DISH

Ingredients

- 1.5 cups m&m candies
- 3 cups cheddar cheese
- 3 cups pretzel sticks thin
- 1.5 cups raisins

Equipment

Directions

Mix chocolate candies, pretzels, crackers, and raisins together and store the mixture in a tightly covered container.

Serve as a snack.

Nutrition Facts

PROTEIN 10.75% **FAT 40.44%** **CARBS 48.81%**

Properties

Glycemic Index:18.76, Glycemic Load:22.36, Inflammation Score:-4, Nutrition Score:8.9778261651164%

Nutrients (% of daily need)

Calories: 470.92kcal (23.55%), Fat: 21.58g (33.2%), Saturated Fat: 12.36g (77.27%), Carbohydrates: 58.6g (19.53%), Net Carbohydrates: 55.39g (20.14%), Sugar: 22.22g (24.69%), Cholesterol: 42.87mg (14.29%), Sodium: 508.15mg (22.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.82%), Calcium: 318.32mg (31.83%), Phosphorus: 214.53mg (21.45%), Selenium: 11.63µg (16.61%), Vitamin B2: 0.27mg (16%), Fiber: 3.21g (12.86%), Manganese: 0.24mg (12.12%), Iron: 1.97mg (10.93%), Zinc: 1.62mg (10.8%), Folate: 42.42µg (10.61%), Vitamin A: 455.07IU (9.1%), Vitamin B1: 0.12mg (7.81%), Potassium: 270.01mg (7.71%), Vitamin B12: 0.4µg (6.65%), Vitamin B3: 1.27mg (6.36%), Copper: 0.11mg (5.73%), Magnesium: 22.83mg (5.71%), Vitamin B6: 0.09mg (4.26%), Vitamin E: 0.37mg (2.47%), Vitamin C: 1.9mg (2.31%), Vitamin B5: 0.23mg (2.3%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.43µg (1.36%)