



HEALTH SCORE

58%

Make-Ahead Snack Mix



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



524 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups cheerios crisp
- ☐ 3 cups cornflakes
- ☐ 11.5 ounce nuts mixed salted canned
- ☐ 2 ounce ranch seasoning
- ☐ 0.5 cup vegetable oil
- ☐ 3 cups wheat chex crisp

Equipment

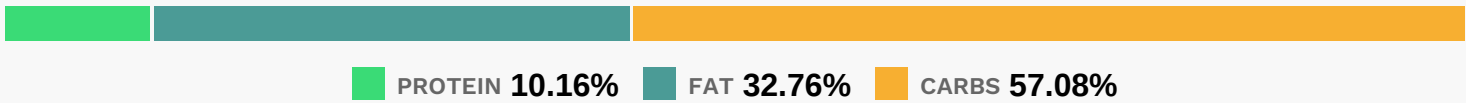
- ☐ bowl

- ☐ wax paper
- ☐ microwave

Directions

- ☐ Stir together all ingredients in a large glass bowl, tossing to coat.
- ☐ Microwave cereal mixture at HIGH 2 minutes, and stir well. Microwave at HIGH 2 more minutes, and stir.
- ☐ Spread mixture in a single layer on wax paper, and let cool 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.97, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:39.857826206995%

Nutrients (% of daily need)

Calories: 523.73kcal (26.19%), Fat: 20.91g (32.17%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 81.98g (27.33%), Net Carbohydrates: 69.08g (25.12%), Sugar: 8.63g (9.58%), Cholesterol: 0mg (0%), Sodium: 929.43mg (40.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.6g (29.19%), Vitamin D: 60.92µg (406.11%), Folate: 695.31µg (173.83%), Iron: 27.2mg (151.11%), Zinc: 10.09mg (67.3%), Vitamin B3: 11.71mg (58.57%), Vitamin B6: 1.11mg (55.73%), Vitamin B1: 0.83mg (55.06%), Vitamin B12: 3.11µg (51.86%), Fiber: 12.9g (51.62%), Vitamin B2: 0.84mg (49.47%), Manganese: 0.87mg (43.45%), Phosphorus: 399.36mg (39.94%), Magnesium: 144.2mg (36.05%), Copper: 0.46mg (22.9%), Vitamin A: 1117.59IU (22.35%), Calcium: 196.7mg (19.67%), Vitamin C: 12.3mg (14.91%), Potassium: 505.35mg (14.44%), Vitamin B5: 0.48mg (4.8%), Vitamin K: 4.14µg (3.94%), Selenium: 2.27µg (3.24%), Vitamin E: 0.21mg (1.43%)