



Make Your Own Snack Mix



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

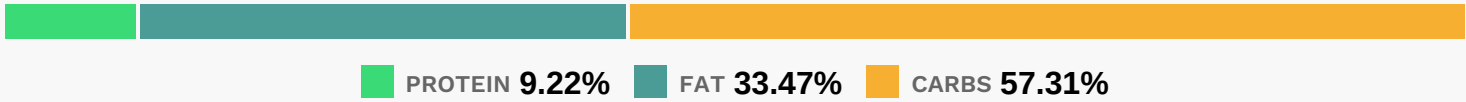
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup roasted peanuts unsalted dry (or other nut)
- ☐ 1 cup dairy-free oat cereal toasted
- ☐ 0.3 cup raisins

Equipment

Directions

- ☐ Combine all ingredients, and toss well.
- ☐ Serve immediately, or store in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:3.82, Inflammation Score:-3, Nutrition Score:8.8565218111743%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 130.19kcal (6.51%), Fat: 5.29g (8.14%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 17.83g (6.48%), Sugar: 6.21g (6.9%), Cholesterol: 0mg (0%), Sodium: 76.35mg (3.32%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin D: 10µg (66.65%), Folate: 59.36µg (14.84%), Vitamin B3: 2.74mg (13.71%), Iron: 2.44mg (13.54%), Manganese: 0.24mg (11.98%), Fiber: 2.56g (10.22%), Vitamin B6: 0.19mg (9.43%), Zinc: 1.22mg (8.14%), Vitamin B1: 0.12mg (7.96%), Magnesium: 27.71mg (6.93%), Phosphorus: 66.43mg (6.64%), Vitamin B12: 0.37µg (6.25%), Potassium: 182.92mg (5.23%), Vitamin E: 0.62mg (4.14%), Copper: 0.07mg (3.61%), Calcium: 33.65mg (3.37%), Vitamin B2: 0.05mg (2.68%), Vitamin A: 124.98IU (2.5%), Vitamin C: 2mg (2.43%), Vitamin B5: 0.15mg (1.51%), Selenium: 0.97µg (1.39%)