



Microwave Snack Mix

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup m&m candies
- 3 cups corn flakes/bran flakes crisp
- 3 cups cornflakes
- 1 cup cherries dried
- 2 cups pretzel sticks
- 2 oz ranch seasoning
- 0.5 cup vegetable oil
- 3 cups wheat chex crisp

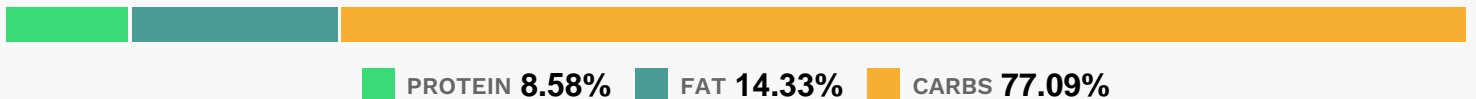
Equipment

- bowl
- whisk
- wax paper
- microwave

Directions

- Whisk together Ranch dressing mix and 1/2 cup vegetable oil in a large microwave-safe glass bowl. Stir in oatmeal cereal squares and next 3 ingredients.
- Microwave mixture at HIGH 2 minutes, and stir well. Microwave at HIGH 2 more minutes, and stir well.
- Spread mixture in a single layer on wax paper, and let cool 30 minutes.
- Add cherries and candy pieces. Store in an airtight container up to 5 days.
- Note: For testing purposes only, we used Quaker Essentials Oatmeal Squares for crisp oatmeal cereal squares, Crispix for corn-and-rice cereal, and Wheat Chex for wheat cereal squares.

Nutrition Facts



Properties

Glycemic Index:10.35, Glycemic Load:8.37, Inflammation Score:-9, Nutrition Score:29.83739124692%

Nutrients (% of daily need)

Calories: 354.65kcal (17.73%), Fat: 6.1g (9.39%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 73.89g (24.63%), Net Carbohydrates: 64.82g (23.57%), Sugar: 20.07g (22.3%), Cholesterol: 2.08mg (0.69%), Sodium: 742.65mg (32.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.44%), Vitamin D: 40.72µg (271.49%), Folate: 489.56µg (122.39%), Iron: 19mg (105.55%), Vitamin B1: 0.59mg (39.21%), Vitamin B3: 7.77mg (38.83%), Zinc: 5.82mg (38.79%), Vitamin B2: 0.65mg (38.22%), Vitamin B6: 0.75mg (37.26%), Vitamin B12: 2.19µg (36.5%), Fiber: 9.08g (36.3%), Vitamin A: 1121.17IU (22.42%), Phosphorus: 202.18mg (20.22%), Manganese: 0.36mg (18.23%), Magnesium: 62.93mg (15.73%), Calcium: 129.82mg (12.98%), Vitamin C: 7.45mg (9.04%), Selenium: 4.99µg (7.13%), Potassium: 239.85mg (6.85%), Copper: 0.06mg (3.14%), Vitamin K: 2.99µg (2.85%), Vitamin E: 0.22mg (1.48%), Vitamin B5:

0.11mg (1.08%)