

Mix and Match Munchies

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



924 kcal

SIDE DISH

Ingredients

- 1 serving roasted-garlic bagel chips
- 1 serving banana chips dried
- 1 serving m&m candies
- 1 serving corn flakes/bran flakes (any flavor)
- 1 serving regular corn crispy horn-shaped
- 1 serving round buttery crackers
- 1 serving round buttery crackers fish-shaped
- 1 squares rice chex crisp

- 1 serving fruit dried diced
- 1 serving marshmallows miniature
- 1 serving oyster crackers
- 1 serving peanuts
- 1 serving popped popcorn plain
- 1 serving pretzel twists
- 1 serving raisins
- 1 serving semi chocolate chips

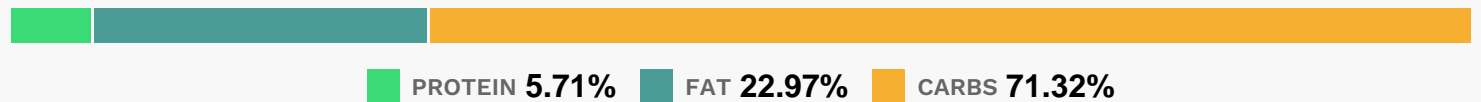
Equipment

- ziploc bags

Directions

- Pour the ingredients of your choice into a plastic bag or container.
- Seal the bag and shake, or stir and cover the container.

Nutrition Facts



Properties

Glycemic Index:441.63, Glycemic Load:56.58, Inflammation Score:-9, Nutrition Score:36.0278263714%

Nutrients (% of daily need)

Calories: 924.47kcal (46.22%), Fat: 25.14g (38.68%), Saturated Fat: 13.01g (81.31%), Carbohydrates: 175.63g (58.54%), Net Carbohydrates: 158.17g (57.52%), Sugar: 68.13g (75.7%), Cholesterol: 2.31mg (0.77%), Sodium: 666.4mg (28.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.13%), Manganese: 2.32mg (115.84%), Iron: 13.76mg (76.42%), Folate: 281.6µg (70.4%), Fiber: 17.45g (69.82%), Vitamin B1: 0.83mg (55.09%), Vitamin B3: 10.07mg (50.33%), Vitamin B2: 0.74mg (43.31%), Vitamin B6: 0.85mg (42.31%), Magnesium: 162mg (40.5%), Phosphorus: 376.85mg (37.68%), Potassium: 1080.23mg (30.86%), Selenium: 20.67µg (29.52%), Copper: 0.57mg (28.42%), Vitamin B12: 1.57µg (26.19%), Vitamin K: 27.26µg (25.97%), Vitamin A: 1034.48IU (20.69%), Zinc: 3.04mg (20.29%), Calcium: 169.9mg (16.99%), Vitamin B5: 1.47mg (14.66%), Vitamin E: 1.82mg (12.12%), Vitamin C: 8.43mg (10.22%), Vitamin D: 1.03µg (6.85%)