



Mix 'n Match Munchies

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



930 kcal

Ingredients

- ☐ 1 serving roasted-garlic bagel chips
- ☐ 1 serving banana chips dried
- ☐ 1 serving m&m candies
- ☐ 1 serving cheerios cheerios® (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

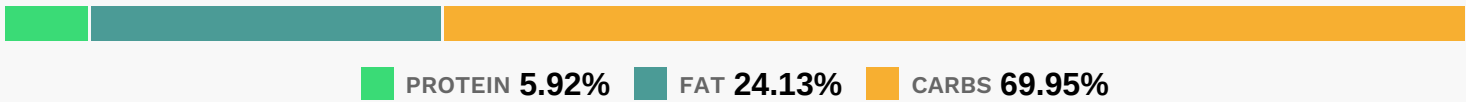
Equipment

- ☐ 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:369.38, Glycemic Load:43.1, Inflammation Score:-9, Nutrition Score:35.004782282788%

Nutrients (% of daily need)

Calories: 930.23kcal (46.51%), Fat: 26.36g (40.56%), Saturated Fat: 13.34g (83.36%), Carbohydrates: 171.97g (57.32%), Net Carbohydrates: 157.18g (57.16%), Sugar: 63.81g (70.9%), Cholesterol: 2.31mg (0.77%), Sodium: 643.56mg (27.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.13%), Manganese: 2.24mg (111.97%), Iron: 13.45mg (74.71%), Folate: 281.42µg (70.35%), Fiber: 14.79g (59.17%), Vitamin B1: 0.8mg (53.35%), Vitamin B3: 10.07mg (50.34%), Vitamin B6: 0.84mg (41.87%), Zinc: 5.3mg (35.31%), Phosphorus: 342.11mg (34.21%), Vitamin B12: 1.97µg (32.78%), Potassium: 1097.57mg (31.36%), Magnesium: 125.22mg (31.31%), Copper: 0.53mg (26.34%), Vitamin K: 27.4µg (26.1%), Calcium: 256.66mg (25.67%), Vitamin A: 1208.2IU (24.16%), Vitamin B2: 0.34mg (20.25%), Vitamin C: 14.42mg (17.48%), Selenium: 11.89µg (16.98%), Vitamin B5: 1.51mg (15.06%), Vitamin E: 1.7mg (11.34%), Vitamin D: 1.04µg (6.97%)