

Morning Munch Mix

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

Ingredients

- 0.3 cup planters cashews
- 0.3 cup apples dried chopped
- 2 Tbsp cranberries dried
- 2 chocolate graham crackers

Equipment

Directions

Mix all ingredients.

Store in airtight container at room temperature.

Nutrition Facts

PROTEIN 7.55% **FAT 37.31%** **CARBS 55.14%**

Properties

Glycemic Index:32.05, Glycemic Load:5.39, Inflammation Score:-2, Nutrition Score:3.7104347723982%

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: 125.29kcal (6.26%), Fat: 5.51g (8.48%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 16.87g (6.14%), Sugar: 10.76g (11.96%), Cholesterol: 0mg (0%), Sodium: 52.47mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Copper: 0.25mg (12.65%), Manganese: 0.2mg (10.13%), Magnesium: 36.68mg (9.17%), Phosphorus: 80.53mg (8.05%), Iron: 1.11mg (6.18%), Fiber: 1.46g (5.83%), Zinc: 0.78mg (5.17%), Vitamin K: 4.4µg (4.19%), Vitamin B1: 0.06mg (4.16%), Selenium: 2.25µg (3.22%), Potassium: 111.2mg (3.18%), Vitamin B6: 0.06mg (3.07%), Vitamin B3: 0.47mg (2.35%), Vitamin B2: 0.03mg (1.98%), Vitamin E: 0.28mg (1.88%), Folate: 5.91µg (1.48%), Vitamin B5: 0.12mg (1.22%), Calcium: 10.94mg (1.09%)