



Munchable Snack Mix



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



908 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 11 oz butterscotch chips
- ☐ 24 oz m&m candies
- ☐ 1 cup cashew pieces
- ☐ 2 cups raisins
- ☐ 12 oz roasted peanuts salted canned

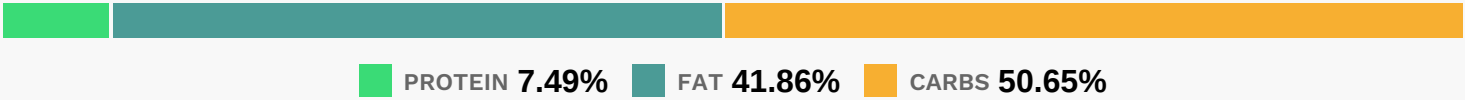
Equipment

- ☐ mixing bowl

Directions

- ☐ Combine all ingredients in a large mixing bowl; mix well.
- ☐ Place in plastic zipping bags.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:14.55, Inflammation Score:-5, Nutrition Score:15.125652059265%

Nutrients (% of daily need)

Calories: 908.48kcal (45.42%), Fat: 43.8g (67.38%), Saturated Fat: 15.68g (97.99%), Carbohydrates: 119.24g (39.75%), Net Carbohydrates: 111.17g (40.43%), Sugar: 76.02g (84.47%), Cholesterol: 14.46mg (4.82%), Sodium: 361.3mg (15.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.64g (35.27%), Manganese: 1.21mg (60.69%), Copper: 0.66mg (33.11%), Fiber: 8.07g (32.28%), Vitamin B3: 6.16mg (30.78%), Magnesium: 115.02mg (28.76%), Phosphorus: 255.79mg (25.58%), Iron: 3.59mg (19.93%), Potassium: 654.8mg (18.71%), Vitamin B1: 0.22mg (14.71%), Calcium: 141.21mg (14.12%), Folate: 52.18µg (13.04%), Zinc: 1.67mg (11.16%), Vitamin B6: 0.22mg (10.86%), Selenium: 6.09µg (8.7%), Vitamin B5: 0.67mg (6.66%), Vitamin B2: 0.1mg (6.15%), Vitamin K: 4.99µg (4.75%), Vitamin A: 203.99IU (4.08%), Vitamin C: 2.27mg (2.75%), Vitamin E: 0.16mg (1.07%)