



## Nuts and Bolts Trail Mix

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



174 kcal

SIDE DISH

### Ingredients

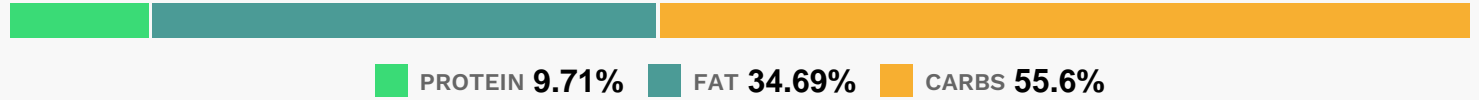
- 2.5 cups multigrain oat cereal toasted
- 0.5 cup cherries dried
- 1 cup whole-grain cheddar goldfish crackers
- 0.5 cup nuts mixed unsalted
- 1 cup pretzel twists mini
- 0.5 cup m&m&apos;s
- 0.5 cup m&m&apos;s

### Equipment

## Directions

- Combine nuts, cereal, dried cherries, M&M's, pretzel twists, and Goldfish crackers. Portion into 1/2 cup servings.

## Nutrition Facts



## Properties

Glycemic Index:9.39, Glycemic Load:2.55, Inflammation Score:-4, Nutrition Score:5.7352173296006%

## Nutrients (% of daily need)

Calories: 173.58kcal (8.68%), Fat: 6.76g (10.41%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 22.16g (8.06%), Sugar: 2.89g (3.21%), Cholesterol: 6.57mg (2.19%), Sodium: 231.49mg (10.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Folate: 66.93µg (16.73%), Manganese: 0.3mg (15.22%), Vitamin B1: 0.18mg (12.16%), Vitamin B3: 2.3mg (11.52%), Iron: 1.73mg (9.61%), Fiber: 2.23g (8.94%), Vitamin B2: 0.14mg (8.23%), Vitamin A: 324.52IU (6.49%), Zinc: 0.85mg (5.67%), Calcium: 51.6mg (5.16%), Copper: 0.1mg (4.96%), Vitamin B12: 0.3µg (4.94%), Vitamin B6: 0.1mg (4.93%), Magnesium: 19.51mg (4.88%), Phosphorus: 46.25mg (4.63%), Potassium: 71.41mg (2.04%), Selenium: 1.25µg (1.78%), Vitamin B5: 0.13mg (1.31%), Vitamin C: 1.03mg (1.25%), Vitamin D: 0.16µg (1.05%)