



Nuts 'n Fruit Munch Mix

 Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup firmly brown sugar packed
- 1 cup cranberries dried
- 1 tsp ground ginger
- 0.3 cup butter ()
- 1 cup planters cocktail peanuts
- 4 cups bite-size wheat cereal shredded

Equipment

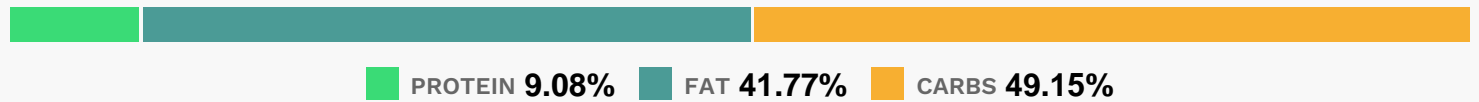
- bowl

- oven
- baking pan
- microwave

Directions

- Preheat oven to 300F. Microwave margarine and sugar in large microwaveable bowl on HIGH 30 sec. or until margarine is completely melted. Stir in ginger.
- Add cereal; toss lightly.
- Spread into single layer in greased 15x10x1-inch baking pan.
- Bake 15 min. Stir in peanuts.
- Bake an additional 10 min. Cool completely.
- Add cranberries; toss lightly.

Nutrition Facts



Properties

Glycemic Index:0.79, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:4.7052174102029%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 136.79kcal (6.84%), Fat: 6.87g (10.57%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 15.79g (5.74%), Sugar: 7.95g (8.84%), Cholesterol: 0mg (0%), Sodium: 33.36mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Manganese: 0.53mg (26.52%), Fiber: 2.39g (9.58%), Vitamin B3: 1.89mg (9.45%), Vitamin B6: 0.15mg (7.68%), Magnesium: 29.99mg (7.5%), Phosphorus: 71.67mg (7.17%), Folate: 24.03µg (6.01%), Copper: 0.12mg (5.85%), Vitamin B1: 0.08mg (5.51%), Iron: 0.69mg (3.85%), Zinc: 0.5mg (3.31%), Potassium: 109.63mg (3.13%), Vitamin A: 112.8IU (2.26%), Vitamin B5: 0.2mg (1.97%), Calcium: 18.02mg (1.8%), Vitamin B2: 0.03mg (1.62%), Vitamin E: 0.24mg (1.59%), Selenium: 1.01µg (1.44%), Vitamin C: 1.08mg (1.3%)