

Nutty Snack Mix

 Vegetarian

READY IN



20 min.

SERVINGS



10

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups honey and nut breakfast cereal
- ☐ 0.3 cup butter
- ☐ 0.3 cup creamy peanut butter & honey jif®
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup nuts mixed
- ☐ 1 cup pretzels mini
- ☐ 1 teaspoon vanilla extract

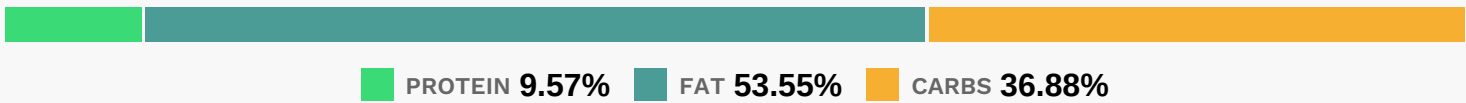
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ HEAT oven to 350 F. Line rimmed baking sheet with foil. COMBINE butter, peanut butter, vanilla and cinnamon in a microwave-safe bowl. Microwave on HIGH (100% power) 35 to 45 seconds, stirring until well blended. COMBINE cereal, mixed nuts and pretzels in large bowl.
- ☐ Pour butter mixture over cereal mixture. Toss well to coat.
- ☐ Spread mixture evenly on foiled baking sheet. BAKE 10 to 12 minutes, stirring occasionally. Cool.
- ☐ Sprinkle lightly with cayenne pepper, if desired. Toss. Store in resealable food storage bag.

Nutrition Facts



Properties

Glycemic Index:25.39, Glycemic Load:13.16, Inflammation Score:-7, Nutrition Score:14.683912978224%

Nutrients (% of daily need)

Calories: 249.58kcal (12.48%), Fat: 15.88g (24.43%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 19.7g (7.17%), Sugar: 3.89g (4.32%), Cholesterol: 12.2mg (4.07%), Sodium: 251.54mg (10.94%), Alcohol: 0.14g (100%), Alcohol %: 0.34% (100%), Protein: 6.38g (12.77%), Manganese: 1.05mg (52.74%), Folate: 134.13µg (33.53%), Iron: 5.51mg (30.61%), Vitamin B3: 4.64mg (23.17%), Magnesium: 82.54mg (20.64%), Fiber: 4.91g (19.65%), Vitamin B1: 0.28mg (18.67%), Vitamin B6: 0.35mg (17.49%), Vitamin B2: 0.29mg (17.3%), Phosphorus: 168.1mg (16.81%), Copper: 0.3mg (15.24%), Vitamin B12: 0.81µg (13.49%), Selenium: 9.08µg (12.97%), Vitamin A: 544.57IU (10.89%), Zinc: 1.6mg (10.69%), Potassium: 228.28mg (6.52%), Vitamin E: 0.88mg (5.9%), Vitamin B5: 0.41mg (4.15%), Vitamin D: 0.53µg (3.52%), Calcium: 25.85mg (2.59%)