



## Oat Snack Mix

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



539 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter cubed
- 0.3 cup honey
- 0.3 cup brown sugar packed
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 3 cups cheerios
- 1.5 cups rolled oats
- 1 cup walnut pieces chopped

0.5 cup cranberries dried

0.5 cup raisins

## Equipment

bowl

sauce pan

oven

baking pan

## Directions

In a large saucepan, combine the first five ingredients. Cook until butter is melted and sugar is dissolved; stir until smooth.

In a large bowl, combine the cereal, oats and nuts.

Drizzle with butter mixture; toss to coat.

Transfer to a greased 15x10x1-in. baking pan.

Bake, uncovered, at 275&deg; for 45 minutes, stirring every 15 minutes. Cool for 15 minutes, stirring occasionally. Stir in cranberries and chocolate-covered raisins. Store in an airtight container.

## Nutrition Facts



**PROTEIN 5.27%** **FAT 47.84%** **CARBS 46.89%**

## Properties

Glycemic Index:37.68, Glycemic Load:18.14, Inflammation Score:-7, Nutrition Score:17.234782374423%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 538.83kcal (26.94%), Fat: 30.25g (46.54%), Saturated Fat: 11.34g (70.89%), Carbohydrates: 66.72g (22.24%), Net Carbohydrates: 60.73g (22.08%), Sugar: 32.89g (36.54%), Cholesterol: 40.67mg (13.56%), Sodium:

376.46mg (16.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.5g (15.01%), Manganese: 1.91mg (95.63%), Iron: 4.99mg (27.74%), Folate: 101.98µg (25.5%), Copper: 0.49mg (24.26%), Fiber: 5.99g (23.94%), Vitamin B1: 0.31mg (20.81%), Phosphorus: 203.81mg (20.38%), Magnesium: 76.57mg (19.14%), Zinc: 2.85mg (18.98%), Vitamin B6: 0.35mg (17.44%), Vitamin A: 824.01IU (16.48%), Selenium: 10.02µg (14.32%), Vitamin B3: 2.56mg (12.8%), Vitamin B12: 0.74µg (12.38%), Potassium: 358.48mg (10.24%), Calcium: 88.17mg (8.82%), Vitamin B2: 0.11mg (6.45%), Vitamin E: 0.92mg (6.16%), Vitamin B5: 0.53mg (5.25%), Vitamin C: 3.28mg (3.98%), Vitamin K: 3.34µg (3.18%), Vitamin D: 0.38µg (2.52%)