



On-the-Run Cereal Snack

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



14

CALORIES



415 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 cups pinenuts
- 1 cup roasted peanuts salted
- 1 cup raisins
- 1 cup chocolate chips

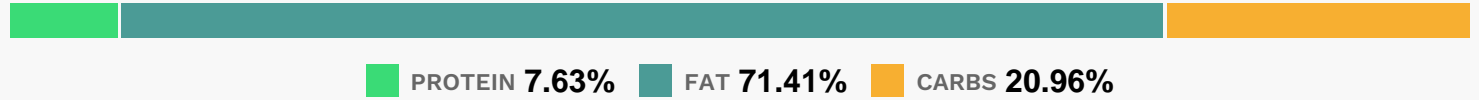
Equipment

- bowl
- ziploc bags

Directions

- In large bowl or resealable food-storage plastic bag, stir all ingredients.
- Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:4.36, Inflammation Score:-5, Nutrition Score:14.919130381035%

Nutrients (% of daily need)

Calories: 414.91kcal (20.75%), Fat: 35.23g (54.19%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 20.21g (7.35%), Sugar: 8.73g (9.7%), Cholesterol: 0mg (0%), Sodium: 48.83mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.93%), Manganese: 3.67mg (183.42%), Copper: 0.61mg (30.47%), Magnesium: 117.44mg (29.36%), Phosphorus: 269.91mg (26.99%), Vitamin E: 3.6mg (23.99%), Vitamin K: 20.79µg (19.8%), Zinc: 2.72mg (18.1%), Vitamin B3: 3.37mg (16.83%), Iron: 2.64mg (14.66%), Potassium: 433.38mg (12.38%), Vitamin B1: 0.19mg (12.34%), Fiber: 3.06g (12.24%), Vitamin B2: 0.12mg (6.78%), Folate: 26.57µg (6.64%), Vitamin B6: 0.08mg (4.12%), Calcium: 28.68mg (2.87%), Vitamin B5: 0.27mg (2.71%), Selenium: 1.11µg (1.59%), Vitamin C: 0.87mg (1.05%)