



On-the-Run Cereal Snack

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



14

CALORIES



450 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

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:7.93, Glycemic Load:45.98, Inflammation Score:-1, Nutrition Score:3.882173932117%

Nutrients (% of daily need)

Calories: 449.77kcal (22.49%), Fat: 8.84g (13.61%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 98.02g (32.67%), Net Carbohydrates: 96.2g (34.98%), Sugar: 86.87g (96.52%), Cholesterol: 0mg (0%), Sodium: 51.93mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.95%), Manganese: 0.35mg (17.54%), Vitamin B3: 1.79mg (8.95%), Fiber: 1.83g (7.3%), Potassium: 253.47mg (7.24%), Copper: 0.14mg (6.75%), Magnesium: 22.56mg (5.64%), Phosphorus: 52mg (5.2%), Iron: 0.91mg (5.07%), Folate: 15.39µg (3.85%), Vitamin B2: 0.06mg (3.8%), Vitamin B6: 0.07mg (3.47%), Vitamin B1: 0.04mg (2.98%), Zinc: 0.44mg (2.94%), Calcium: 28.32mg (2.83%), Selenium: 1.62µg (2.31%), Vitamin B5: 0.22mg (2.16%), Vitamin C: 1.04mg (1.26%)