

Peanut and Dried Fruit Snack Mix

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



426 kcal

SIDE DISH

Ingredients

- 2 tablespoons canola oil
- 0.5 teaspoon cinnamon
- 1 quart corn puff cereal such as kix
- 0.5 cup currants dried
- 0.5 cup peanuts salted spanish
- 0.5 teaspoon salt

Equipment

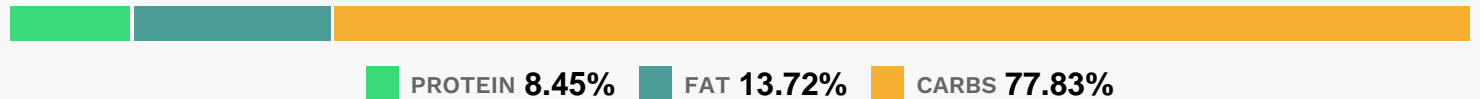
- bowl

frying pan

Directions

- Combine cereal, currants, and peanuts in a large bowl.
- Stir together oil, salt, and cinnamon in a small frying pan. Warm over medium-high heat until fragrant, 1 to 2 minutes. Scrape from pan over cereal and mix to coat.
- Make ahead: Store airtight up to 2 days.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:1.31, Inflammation Score:-9, Nutrition Score:35.228695641393%

Nutrients (% of daily need)

Calories: 425.99kcal (21.3%), Fat: 6.78g (10.42%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 86.49g (28.83%), Net Carbohydrates: 82.34g (29.94%), Sugar: 13.48g (14.98%), Cholesterol: 0mg (0%), Sodium: 840.88mg (36.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.79%), Iron: 27.66mg (153.67%), Vitamin B3: 18.15mg (90.74%), Folate: 347.77µg (86.94%), Vitamin B1: 1.3mg (86.85%), Vitamin B6: 1.73mg (86.71%), Vitamin B2: 1.45mg (85.58%), Vitamin B12: 4.73µg (78.86%), Vitamin A: 1695.74IU (33.91%), Vitamin C: 20.22mg (24.5%), Vitamin D: 3.41µg (22.71%), Manganese: 0.38mg (19.12%), Fiber: 4.14g (16.57%), Phosphorus: 131.97mg (13.2%), Magnesium: 51.83mg (12.96%), Copper: 0.26mg (12.88%), Selenium: 8.46µg (12.08%), Potassium: 272.03mg (7.77%), Zinc: 1.12mg (7.47%), Vitamin E: 0.61mg (4.09%), Vitamin B5: 0.32mg (3.22%), Vitamin K: 2.27µg (2.16%), Calcium: 19.44mg (1.94%)