



Peanutty Good Luck Snack

 Dairy Free

READY IN



10 min.

SERVINGS



14

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup chocolate-covered peanuts
- 4 cups lucky cereal
- 1 cup peanut butter candy pieces
- 1 cup peanuts

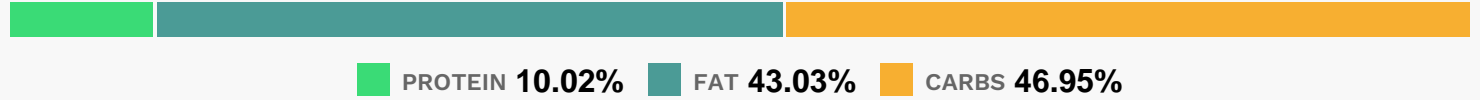
Equipment

Directions

Place all ingredients in resealable plastic food-storage bag; seal. Shake until mixed.

Store at room temperature up to 3 days.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:4.07, Inflammation Score:-6, Nutrition Score:11.473478208417%

Nutrients (% of daily need)

Calories: 215.41kcal (10.77%), Fat: 10.92g (16.8%), Saturated Fat: 4.41g (27.59%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 24.5g (8.91%), Sugar: 18.85g (20.95%), Cholesterol: 0.39mg (0.13%), Sodium: 99.63mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Manganese: 0.69mg (34.63%), Folate: 109.66µg (27.42%), Vitamin B3: 5.13mg (25.64%), Vitamin B1: 0.28mg (18.96%), Vitamin B6: 0.37mg (18.51%), Iron: 2.99mg (16.6%), Zinc: 2.45mg (16.33%), Vitamin B2: 0.24mg (14.19%), Vitamin B12: 0.76µg (12.7%), Phosphorus: 116.37mg (11.64%), Magnesium: 44.82mg (11.2%), Copper: 0.22mg (10.94%), Fiber: 2.31g (9.23%), Calcium: 76.02mg (7.6%), Potassium: 214.72mg (6.13%), Vitamin A: 302.07IU (6.04%), Selenium: 2.69µg (3.85%), Vitamin B5: 0.35mg (3.45%), Vitamin C: 2.76mg (3.35%), Vitamin D: 0.4µg (2.67%), Vitamin E: 0.22mg (1.44%), Vitamin K: 1.44µg (1.37%)