



Peanutty Good Luck Snack

 Dairy Free

READY IN



10 min.

SERVINGS



14

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

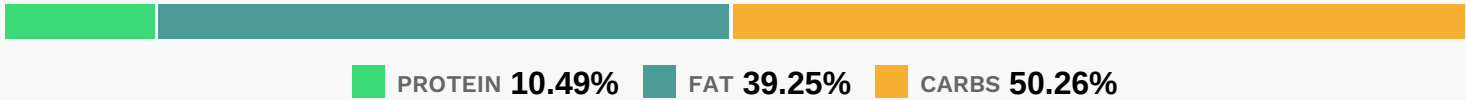
- ☐ 4 cups lucky cereal
- ☐ 1 cup peanut butter candy pieces
- ☐ 1 cup raisins
- ☐ 1 cup peanuts

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:8.93, Glycemic Load:8.43, Inflammation Score:-6, Nutrition Score:11.281739053519%

Nutrients (% of daily need)

Calories: 195.93kcal (9.8%), Fat: 9.08g (13.96%), Saturated Fat: 3.11g (19.43%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 23.53g (8.56%), Sugar: 10.86g (12.06%), Cholesterol: 0mg (0%), Sodium: 97.9mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Manganese: 0.67mg (33.71%), Folate: 108.94µg (27.24%), Vitamin B3: 5.19mg (25.96%), Vitamin B6: 0.38mg (19.01%), Vitamin B1: 0.29mg (19.01%), Iron: 3.04mg (16.86%), Zinc: 2.31mg (15.38%), Vitamin B2: 0.24mg (14.08%), Vitamin B12: 0.71µg (11.9%), Phosphorus: 105.75mg (10.58%), Magnesium: 42.14mg (10.54%), Fiber: 2.61g (10.45%), Copper: 0.2mg (10.11%), Calcium: 67.86mg (6.79%), Potassium: 234.08mg (6.69%), Vitamin A: 290.37IU (5.81%), Vitamin C: 3.3mg (3.99%), Selenium: 2.42µg (3.46%), Vitamin B5: 0.32mg (3.16%), Vitamin D: 0.4µg (2.67%), Vitamin E: 0.18mg (1.19%)