



## Pecan-Praline Snack Mix

 Vegetarian

READY IN



70 min.

SERVINGS



21

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup firmly brown sugar light packed
- 4 cups criss-cross of corn and rice cereal crispy (such as Corn Chex) (such as Crispix)
- 6 tablespoons light-colored corn syrup
- 3 cups honey-flavored graham crackers bear-shaped
- 3 tablespoons butter light
- 0.5 cup pecans
- 3 cups tiny pretzel twists
- 0.3 teaspoon salt

1 teaspoon vanilla extract

## Equipment

sauce pan

oven

roasting pan

aluminum foil

wax paper

## Directions

Preheat oven to 25

Combine first 4 ingredients in a foil-lined roasting pan coated with cooking spray.

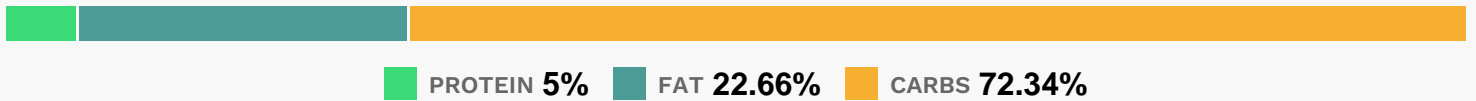
Combine brown sugar, corn syrup, and butter in a small saucepan; cook over medium heat 2 minutes or until sugar and butter melt, stirring constantly.

Remove from heat; stir in vanilla and salt. Immediately pour syrup mixture evenly over cereal mixture, tossing quickly to coat well.

Bake at 250 for 1 hour, stirring every 15 minutes.

Spread warm snack mix in a single layer on wax paper to cool. Break cooled snack mix apart. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:8.86, Glycemic Load:11.73, Inflammation Score:-2, Nutrition Score:4.4339130015477%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate:

0.06mg

## Nutrients (% of daily need)

Calories: 172.98kcal (8.65%), Fat: 4.47g (6.87%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 31.02g (11.28%), Sugar: 16.17g (17.97%), Cholesterol: 2.12mg (0.71%), Sodium: 233.41mg (10.15%), Alcohol: 0.07g (100%), Alcohol %: 0.19% (100%), Protein: 2.22g (4.44%), Iron: 2.49mg (13.86%), Vitamin B1: 0.15mg (9.84%), Manganese: 0.19mg (9.4%), Folate: 36.61µg (9.15%), Vitamin B3: 1.8mg (9%), Vitamin B2: 0.14mg (8.06%), Vitamin B6: 0.12mg (6.09%), Phosphorus: 47.38mg (4.74%), Vitamin B12: 0.27µg (4.49%), Fiber: 1.07g (4.27%), Magnesium: 15.46mg (3.87%), Zinc: 0.52mg (3.46%), Copper: 0.06mg (2.94%), Vitamin A: 130.67IU (2.61%), Calcium: 22.22mg (2.22%), Potassium: 68.12mg (1.95%), Vitamin C: 1.28mg (1.55%), Vitamin D: 0.21µg (1.41%), Selenium: 0.97µg (1.38%)