



Pumpkin Party Mix

READY IN



10 min.

SERVINGS



24

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7.5 oz caramel popcorn with peanuts
- 2 cups corn flakes/bran flakes kix®
- 2 cups chocolate graham cracker crumbs bear-shaped
- 1 cup apples
- 1 cup peanut butter candy pieces
- 2 cups pretzels

Equipment

- bowl

Directions

In large bowl, mix all ingredients. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:9.84, Glycemic Load:8.67, Inflammation Score:-2, Nutrition Score:4.2430434939654%

Nutrients (% of daily need)

Calories: 154.91kcal (7.75%), Fat: 4.52g (6.95%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 25.29g (9.2%), Sugar: 13.55g (15.06%), Cholesterol: 0.44mg (0.15%), Sodium: 162.22mg (7.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.69%), Manganese: 0.29mg (14.5%), Folate: 39.05µg (9.76%), Iron: 1.48mg (8.23%), Vitamin B3: 1.61mg (8.05%), Fiber: 1.84g (7.38%), Vitamin B1: 0.09mg (6.1%), Vitamin B2: 0.1mg (5.76%), Magnesium: 20.13mg (5.03%), Phosphorus: 48.43mg (4.84%), Vitamin B6: 0.08mg (3.86%), Copper: 0.08mg (3.83%), Selenium: 2.47µg (3.53%), Vitamin B12: 0.18µg (2.94%), Zinc: 0.38mg (2.56%), Potassium: 86.54mg (2.47%), Vitamin K: 1.91µg (1.82%), Vitamin E: 0.26mg (1.73%), Vitamin A: 84.04IU (1.68%), Calcium: 12.98mg (1.3%), Vitamin B5: 0.12mg (1.15%)