

Quick Snack Mix

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



334 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup candy-coated milk chocolate pieces
- ☐ 2 cups cinnamon-sugar and rice cereal whole-wheat
- ☐ 1 cup honey-flavored graham crackers bear-shaped
- ☐ 1.2 ounce butter-flavored microwave popcorn fat-free 94%
- ☐ 1 cup tiny pretzel twists salted hard
- ☐ 0.5 cup raisins
- ☐ 1 cup whole-grain cheese crackers fish-shaped

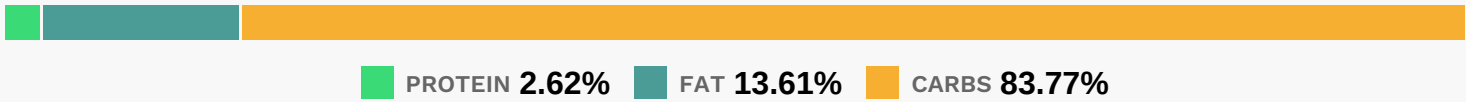
Equipment

☐ bowl

Directions

- ☐ Remove unpopped kernels from popcorn, and discard kernels.
- ☐ Combine all ingredients in a large bowl. Store in an airtight container.
- ☐ Pour cooled popcorn into bowl
- ☐ Add all measured ingredients to bowl
- ☐ Pick out unpopped kernels from popcorn
- ☐ Measure and combine ingredients

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:43.95, Inflammation Score:-1, Nutrition Score:2.4526086540326%

Nutrients (% of daily need)

Calories: 333.83kcal (16.69%), Fat: 5.2g (8%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 72.03g (24.01%), Net Carbohydrates: 70.28g (25.56%), Sugar: 54g (60%), Cholesterol: 1.73mg (0.58%), Sodium: 163.85mg (7.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Fiber: 1.74g (6.97%), Iron: 1.08mg (5.99%), Manganese: 0.1mg (4.79%), Phosphorus: 42.04mg (4.2%), Vitamin B3: 0.77mg (3.87%), Vitamin B2: 0.07mg (3.83%), Vitamin B1: 0.05mg (3.56%), Folate: 13.96µg (3.49%), Magnesium: 13.65mg (3.41%), Potassium: 111.87mg (3.2%), Calcium: 26.15mg (2.61%), Zinc: 0.35mg (2.31%), Copper: 0.05mg (2.27%), Vitamin B6: 0.04mg (1.99%), Selenium: 0.79µg (1.13%)