



## Santa Snack Mix

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



409 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup butter
- 1 cup corn flakes/bran flakes
- 1 teaspoon ground allspice
- 0.8 cup honey
- 4 cups oat bran toasted
- 1 cup pecans chopped
- 1 cup raisins red
- 0.3 teaspoon salt

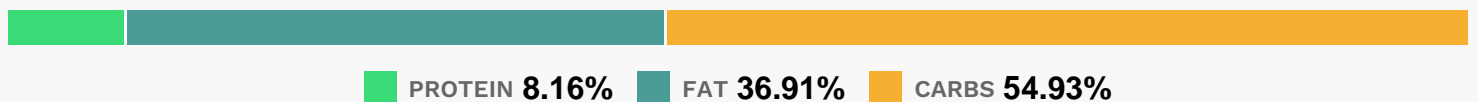
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- aluminum foil
- wax paper

## Directions

- Preheat oven to 25
- Combine first 5 ingredients in a large bowl.
- Cook honey and butter together in a small saucepan over low heat, stirring occasionally, until butter is melted and mixture is blended and smooth (about 5 minutes).
- Pour honey mixture over cereal mixture, stirring to coat.
- Spread in a single layer on a lightly greased aluminum foil-lined 15- x 10-inch jelly-roll pan.
- Bake at 250 for 55 minutes, stirring once every 10 to 15 minutes. Stir in raisins, and bake 5 more minutes.
- Spread immediately on wax paper; cool 20 minutes. Store in an airtight container up to 1 week.
- Note: For testing purposes only, we used Quaker Oat Bran for toasted oat bran cereal and Kashi GOLEAN Crunch for multigrain cluster cereal.

## Nutrition Facts



## Properties

Glycemic Index:31.28, Glycemic Load:32.19, Inflammation Score:-7, Nutrition Score:19.711304312167%

## Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

## **Nutrients (% of daily need)**

Calories: 408.64kcal (20.43%), Fat: 20.61g (31.7%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 68.99g (23%), Net Carbohydrates: 58.74g (21.36%), Sugar: 22.75g (25.28%), Cholesterol: 24.4mg (8.13%), Sodium: 159.87mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.25g (20.5%), Manganese: 3.4mg (170.04%), Vitamin B1: 0.7mg (46.84%), Phosphorus: 415.32mg (41.53%), Fiber: 10.25g (41%), Selenium: 24.62µg (35.17%), Magnesium: 140.51mg (35.13%), Iron: 4.49mg (24.95%), Copper: 0.4mg (19.92%), Zinc: 2.28mg (15.21%), Folate: 55.39µg (13.85%), Potassium: 475.36mg (13.58%), Vitamin B2: 0.22mg (12.69%), Vitamin B6: 0.2mg (10.21%), Vitamin B5: 0.88mg (8.82%), Vitamin A: 390.82IU (7.82%), Vitamin B3: 1.45mg (7.23%), Vitamin E: 0.93mg (6.21%), Calcium: 46.9mg (4.69%), Vitamin B12: 0.22µg (3.65%), Vitamin K: 2.77µg (2.64%), Vitamin C: 1.11mg (1.34%)