



Shake and Go Snack Mix

 Dairy Free

READY IN



5 min.

SERVINGS



14

CALORIES



139 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 cups corn flakes/bran flakes (any variety)
- ☐ 1 cup graham flour bear-shaped
- ☐ 0.5 cup roasted peanuts
- ☐ 0.5 cup raisins
- ☐ 0.3 cup gourmet jelly beans

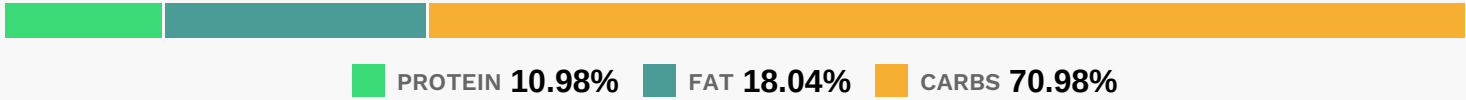
Equipment

- ☐ ziploc bags

Directions

- ☐
- In large resealable food-storage plastic bag, place all ingredients. Shake until well mixed.
- ☐
- Store sealed in plastic bag or airtight container.

Nutrition Facts



Properties

Glycemic Index:9.36, Glycemic Load:8.6, Inflammation Score:-6, Nutrition Score:10.06434785931%

Nutrients (% of daily need)

Calories: 138.94kcal (6.95%), Fat: 3.03g (4.66%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 22.24g (8.09%), Sugar: 5.48g (6.09%), Cholesterol: 0mg (0%), Sodium: 103.19mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Manganese: 0.65mg (32.39%), Folate: 102.01µg (25.5%), Iron: 4.57mg (25.37%), Fiber: 4.58g (18.32%), Vitamin B3: 3.22mg (16.11%), Vitamin B1: 0.21mg (13.88%), Vitamin B6: 0.27mg (13.31%), Vitamin B2: 0.21mg (12.61%), Vitamin B12: 0.71µg (11.9%), Selenium: 7.97µg (11.38%), Magnesium: 43.11mg (10.78%), Phosphorus: 88.37mg (8.84%), Vitamin A: 357.14IU (7.14%), Copper: 0.12mg (6.13%), Zinc: 0.83mg (5.53%), Potassium: 160.82mg (4.59%), Vitamin D: 0.47µg (3.14%), Vitamin B5: 0.2mg (1.99%), Calcium: 13.07mg (1.31%)