

S'more Trail Mix

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 2 cups corn flakes/bran flakes
- ☐ 0.3 cup chocolate-covered peanuts
- ☐ 0.5 cup cocoa powder
- ☐ 0.5 cup marshmallows miniature
- ☐ 0.5 cup pretzel twists

Equipment

- ☐ bowl

Directions

☐ In medium bowl, mix all ingredients. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:53.94, Glycemic Load:15.45, Inflammation Score:-8, Nutrition Score:17.6243478228222%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 174.26kcal (8.71%), Fat: 3.73g (5.73%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 31.2g (11.34%), Sugar: 14.62g (16.25%), Cholesterol: 0.34mg (0.11%), Sodium: 185.18mg (8.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.85mg (8.62%), Protein: 5.19g (10.38%), Manganese: 1.22mg (60.82%), Iron: 7.54mg (41.91%), Folate: 147.42µg (36.85%), Fiber: 8.17g (32.69%), Copper: 0.56mg (28.19%), Magnesium: 106.17mg (26.54%), Vitamin B2: 0.34mg (20.1%), Vitamin B1: 0.3mg (20.03%), Vitamin B3: 3.9mg (19.52%), Phosphorus: 192.09mg (19.21%), Vitamin B6: 0.37mg (18.26%), Selenium: 12.67µg (18.1%), Vitamin B12: 1.04µg (17.36%), Zinc: 1.93mg (12.87%), Vitamin A: 510.24IU (10.2%), Potassium: 339.98mg (9.71%), Vitamin D: 0.66µg (4.4%), Calcium: 33.86mg (3.39%), Vitamin B5: 0.25mg (2.49%), Vitamin E: 0.22mg (1.48%), Vitamin K: 1.14µg (1.08%)