



## S'mores Snack Mix

READY IN



70 min.

SERVINGS



8

CALORIES



228 kcal

DESSERT

### Ingredients

- 4 cups golden beets
- 2 cups corn flakes/bran flakes
- 3 cups marshmallows miniature
- 6 oz milk chocolate chips

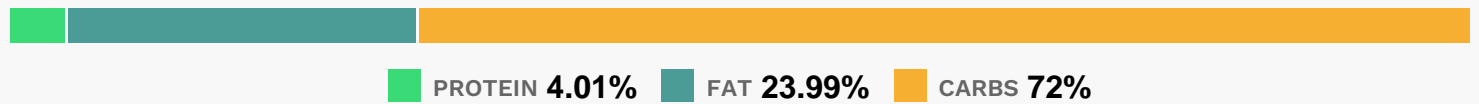
### Equipment

- bowl
- microwave

## Directions

- In large bowl, combine cereals.
- Add marshmallows; toss to mix.
- Spread mixture on sheet of waxed paper.
- In small microwavable bowl, microwave chocolate chips on Medium (50%) 1 minute. Stir until chips are melted and mixture is smooth. If needed, microwave 15 to 30 seconds longer on Medium.
- Using spoon or fork, drizzle melted chocolate over cereal-marshmallow mixture.
- Let stand about 1 hour or until chocolate is set.

## Nutrition Facts



## Properties

Glycemic Index:24.59, Glycemic Load:16.65, Inflammation Score:-6, Nutrition Score:9.1626087504884%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 227.98kcal (11.4%), Fat: 6.44g (9.9%), Saturated Fat: 3.87g (24.16%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 39.71g (14.44%), Sugar: 29.41g (32.67%), Cholesterol: 0mg (0%), Sodium: 122.04mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Folate: 141.01µg (35.25%), Manganese: 0.58mg (29.1%), Iron: 3.39mg (18.82%), Fiber: 3.75g (15.01%), Vitamin B6: 0.22mg (10.81%), Vitamin B1: 0.15mg (10.08%), Vitamin B2: 0.17mg (9.85%), Magnesium: 38.92mg (9.73%), Potassium: 335.99mg (9.6%), Vitamin B3: 1.91mg (9.56%), Selenium: 6.04µg (8.64%), Vitamin B12: 0.5µg (8.33%), Phosphorus: 73.6mg (7.36%), Copper: 0.12mg (5.96%), Vitamin A: 272.44IU (5.45%), Zinc: 0.75mg (4.97%), Vitamin C: 3.33mg (4.04%), Calcium: 31.03mg (3.1%), Vitamin D: 0.33µg (2.2%), Vitamin B5: 0.19mg (1.93%)