



Snack Attack

 Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups corn flakes/bran flakes
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- ☐ 2 cups pinenuts
- ☐ 1.5 cups round buttery crackers
- ☐ 1.5 cups pretzel twists
- ☐ 1.5 cups snack peppers
- ☐ 2.7 oz fruit flavored

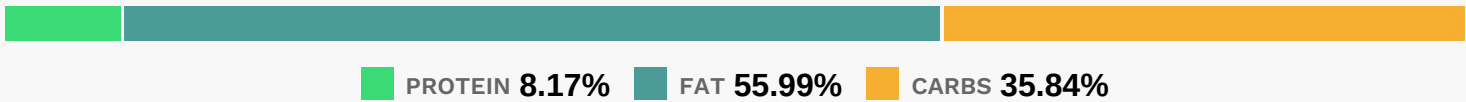
Equipment

☐ ziploc bags

Directions

- ☐ In gallon-size resealable food-storage plastic bag or 3-quart container, place all ingredients.
- ☐ Seal bag and shake, or stir and cover container.

Nutrition Facts



Properties

Glycemic Index:12.98, Glycemic Load:5.86, Inflammation Score:-7, Nutrition Score:13.465217331181%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 158.27kcal (7.91%), Fat: 10.6g (16.3%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 12.65g (4.6%), Sugar: 3.59g (3.98%), Cholesterol: 0mg (0%), Sodium: 123.59mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Manganese: 1.55mg (77.43%), Vitamin C: 22.97mg (27.84%), Iron: 3.42mg (19.01%), Folate: 75.2µg (18.8%), Vitamin A: 771.04IU (15.42%), Magnesium: 56.31mg (14.08%), Phosphorus: 134.98mg (13.5%), Vitamin B1: 0.2mg (13.11%), Vitamin B3: 2.5mg (12.52%), Vitamin E: 1.77mg (11.82%), Copper: 0.23mg (11.73%), Vitamin B2: 0.18mg (10.66%), Fiber: 2.61g (10.44%), Vitamin B6: 0.21mg (10.3%), Vitamin K: 10.77µg (10.26%), Zinc: 1.38mg (9.19%), Vitamin B12: 0.4µg (6.67%), Selenium: 4.66µg (6.66%), Potassium: 176.54mg (5.04%), Vitamin B5: 0.2mg (1.97%), Vitamin D: 0.26µg (1.76%), Calcium: 14.9mg (1.49%)