



Snack Attack

 Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups apples
- ☐ 1.5 cups round buttery crackers
- ☐ 2 cups corn flakes/bran flakes
- ☐ 1.5 cups round buttery crackers
- ☐ 2.7 oz fruit flavored
- ☐ 2 cups honey
- ☐ 1.5 cups pretzel twists

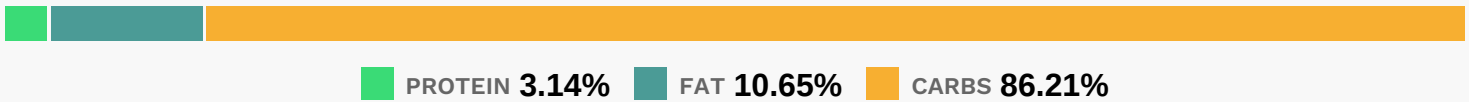
Equipment

☐ 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:11.98, Glycemic Load:18.86, Inflammation Score:-3, Nutrition Score:4.4095652258914%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 181.38kcal (9.07%), Fat: 2.29g (3.53%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 40.24g (14.63%), Sugar: 31.1g (34.57%), Cholesterol: 0mg (0%), Sodium: 142.18mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Manganese: 0.25mg (12.68%), Iron: 1.84mg (10.21%), Folate: 40.06µg (10.01%), Vitamin B1: 0.11mg (7.19%), Vitamin B3: 1.34mg (6.71%), Vitamin B2: 0.11mg (6.32%), Fiber: 1.48g (5.91%), Phosphorus: 49.8mg (4.98%), Vitamin K: 5.1µg (4.85%), Vitamin B6: 0.09mg (4.48%), Selenium: 2.93µg (4.18%), Vitamin B12: 0.2µg (3.33%), Magnesium: 13.29mg (3.32%), Copper: 0.05mg (2.73%), Vitamin E: 0.38mg (2.55%), Zinc: 0.37mg (2.47%), Vitamin A: 118.31IU (2.37%), Potassium: 73.55mg (2.1%), Calcium: 19.46mg (1.95%), Vitamin B5: 0.11mg (1.11%), Vitamin C: 0.9mg (1.09%)