



Snack Attack

 Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups round buttery crackers
- ☐ 2 cups cheerios apple cinnamon cheerios®
- ☐ 2 cups cheerios cheerios®
- ☐ 2 cups cheerios honey nut cheerios®
- ☐ 1.5 cups round buttery crackers
- ☐ 2.7 oz fruit flavored betty crocker®
- ☐ 1.5 cups pretzel twists

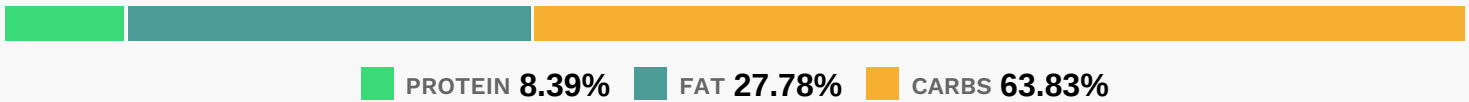
Equipment

☐ 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:4.15, Glycemic Load:2.04, Inflammation Score:-4, Nutrition Score:5.2447825825733%

Nutrients (% of daily need)

Calories: 82.14kcal (4.11%), Fat: 2.6g (4%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 12.44g (4.52%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 150.41mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Manganese: 0.3mg (15.14%), Folate: 57.31µg (14.33%), Iron: 2.38mg (13.23%), Vitamin B1: 0.14mg (9.04%), Vitamin B3: 1.75mg (8.75%), Vitamin B12: 0.43µg (7.11%), Zinc: 0.94mg (6.24%), Vitamin B6: 0.12mg (6.06%), Phosphorus: 51.6mg (5.16%), Vitamin K: 4.89µg (4.66%), Vitamin A: 219.4IU (4.39%), Fiber: 1.01g (4.05%), Calcium: 37.4mg (3.74%), Selenium: 2.12µg (3.03%), Magnesium: 10.01mg (2.5%), Vitamin B2: 0.04mg (2.45%), Vitamin E: 0.35mg (2.37%), Copper: 0.04mg (2.17%), Vitamin C: 1.5mg (1.82%), Potassium: 61.1mg (1.75%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.11mg (1.13%)