



## Spooky Gloved Munch Mix

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



287 kcal

SIDE DISH

### Ingredients

- 1 cup candy-coated chocolate pieces
- 1 cup candy corn pieces
- 6 cups oat and corn cereal sweetened letter-shaped
- 1 cup fruit mixed dried
- 10 large clear plastic food handlers' gloves
- 2 cups marshmallows jet-puffed miniature
- 4 cups popped popcorn
- 10 pieces raffia

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## Equipment

bowl

ziploc bags

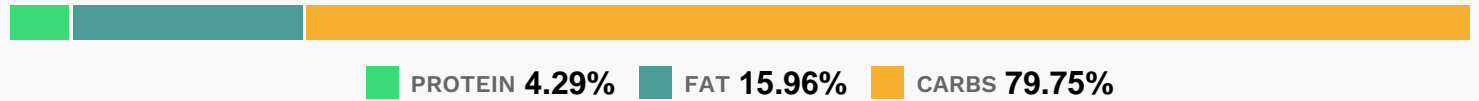
## Directions

Toss cereal with popcorn, marshmallows, dried fruit and chocolate candies in large bowl or toy witch's cauldron.

Place 1-1/4 cups of the snack mix in each of 10 small plastic bags. Give one to each child along with 10 pieces of candy corn, a plastic glove and piece of raffia. Have each child place 2 pieces of candy corn, with the white tips down, in each thumb and finger section of the plastic glove to resemble fingernails.

Fill gloves evenly with snack mix; tie closed with raffia.

## Nutrition Facts



## Properties

Glycemic Index:15.78, Glycemic Load:7.43, Inflammation Score:-4, Nutrition Score:7.523043487383%

## Nutrients (% of daily need)

Calories: 287.23kcal (14.36%), Fat: 5.18g (7.97%), Saturated Fat: 3.06g (19.16%), Carbohydrates: 58.25g (19.42%), Net Carbohydrates: 56.1g (20.4%), Sugar: 36.83g (40.92%), Cholesterol: 3.12mg (1.04%), Sodium: 192.27mg (8.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Iron: 5.36mg (29.75%), Vitamin B3: 3.14mg (15.71%), Vitamin B6: 0.31mg (15.61%), Vitamin B1: 0.23mg (15.55%), Folate: 61.8µg (15.45%), Vitamin B2: 0.26mg (15.43%), Vitamin B12: 0.84µg (14%), Fiber: 2.16g (8.62%), Vitamin A: 355.66IU (7.11%), Manganese: 0.1mg (4.92%), Vitamin C: 3.7mg (4.49%), Vitamin D: 0.6µg (4.03%), Magnesium: 15.81mg (3.95%), Phosphorus: 36.37mg (3.64%), Copper: 0.07mg (3.3%), Calcium: 32.06mg (3.21%), Selenium: 1.59µg (2.27%), Zinc: 0.33mg (2.23%), Potassium: 70.4mg (2.01%)