



Strawberry-Pretzel Snack Mix

 Vegetarian

READY IN



25 min.

SERVINGS



10

CALORIES



403 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups graham-flavored cereal
- ☐ 2 cups freeze-dried strawberries
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons brown sugar light
- ☐ 4 cups pretzel sticks
- ☐ 4 tablespoons butter unsalted melted ()
- ☐ 1 teaspoon vanilla extract pure
- ☐ 2 cups yogurt-covered pretzels

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 degrees F. Toss the graham cereal and pretzel sticks together in a large bowl.
- ☐ Whisk the butter, brown sugar, vanilla and cinnamon in a separate bowl.
- ☐ Pour the sauce over the snack mix and toss to coat well.
- ☐ Spread out on a rimmed baking sheet and bake until the mix is toasted and almost completely dry, 10 to 15 minutes, tossing about halfway through.
- ☐ Remove from the oven and let cool completely. Toss in the yogurt-covered pretzels and strawberries. Store in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:21.94, Inflammation Score:-10, Nutrition Score:22.216521677764%

Nutrients (% of daily need)

Calories: 403.12kcal (20.16%), Fat: 7.13g (10.97%), Saturated Fat: 4.06g (25.35%), Carbohydrates: 77.77g (25.92%), Net Carbohydrates: 68.83g (25.03%), Sugar: 39.84g (44.27%), Cholesterol: 18.41mg (6.14%), Sodium: 388.03mg (16.87%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 5.58g (11.16%), Vitamin C: 578.94mg (701.75%), Iron: 15.97mg (88.71%), Manganese: 0.8mg (40.1%), Folate: 150.89µg (37.72%), Fiber: 8.95g (35.79%), Potassium: 847.48mg (24.21%), Vitamin B2: 0.37mg (21.78%), Vitamin B1: 0.32mg (21.17%), Vitamin B3: 3.9mg (19.49%), Vitamin B12: 0.99µg (16.51%), Vitamin B6: 0.31mg (15.28%), Selenium: 10.55µg (15.07%), Phosphorus: 148.59mg (14.86%), Magnesium: 49.45mg (12.36%), Vitamin A: 588.75IU (11.77%), Zinc: 1.33mg (8.87%), Calcium: 87.17mg (8.72%), Copper: 0.12mg (6.1%), Vitamin D: 0.66µg (4.41%), Vitamin B5: 0.41mg (4.15%), Vitamin E: 0.39mg (2.6%), Vitamin K: 1.37µg (1.31%)