



## Sweet and Crunchy Snack Mix

 Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



496 kcal

SIDE DISH

### Ingredients

- 3 cups pretzel twists
- 1 cup roasted peanuts
- 1 cup frosted toast cereal
- 1 cup banana chips dried
- 1 cup m&m candies

### Equipment

## Directions

Stir together all ingredients.

## Nutrition Facts

**PROTEIN 8.74%** **FAT 44.81%** **CARBS 46.45%**

## Properties

Glycemic Index:13.83, Glycemic Load:13.58, Inflammation Score:-5, Nutrition Score:12.803043559841%

## Nutrients (% of daily need)

Calories: 495.87kcal (24.79%), Fat: 25.53g (39.28%), Saturated Fat: 11.08g (69.23%), Carbohydrates: 59.56g (19.85%), Net Carbohydrates: 54.49g (19.82%), Sugar: 29.63g (32.92%), Cholesterol: 5.2mg (1.73%), Sodium: 426.05mg (18.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.4%), Manganese: 1mg (49.81%), Vitamin B3: 6.79mg (33.97%), Folate: 97.85µg (24.46%), Iron: 4mg (22.23%), Vitamin B1: 0.31mg (20.82%), Fiber: 5.07g (20.28%), Vitamin B6: 0.36mg (18.24%), Magnesium: 58.37mg (14.59%), Phosphorus: 132.59mg (13.26%), Vitamin B2: 0.21mg (12.63%), Copper: 0.23mg (11.29%), Vitamin B12: 0.57µg (9.45%), Potassium: 317.47mg (9.07%), Calcium: 73.04mg (7.3%), Zinc: 0.82mg (5.5%), Vitamin B5: 0.51mg (5.13%), Selenium: 3.2µg (4.58%), Vitamin A: 202.53IU (4.05%), Vitamin C: 3.24mg (3.93%), Vitamin D: 0.33µg (2.19%)