



Sweet and Crunchy Snack Mix

 Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



483 kcal

SIDE DISH

Ingredients

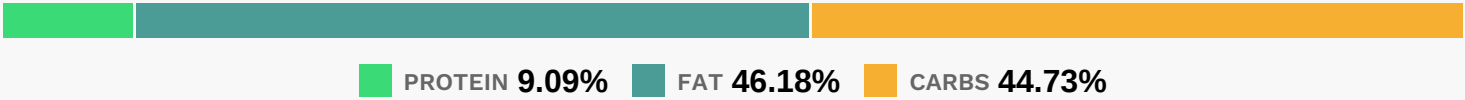
- ☐ 1 cup banana chips dried
- ☐ 1 cup m&m candies
- ☐ 1 cup cheerios frosted cheerios®
- ☐ 3 cups pretzel twists
- ☐ 1 cup roasted peanuts

Equipment

Directions

- ☐ Stir together all ingredients.
- ☐ Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:13.58, Inflammation Score:-5, Nutrition Score:11.641739062641%

Nutrients (% of daily need)

Calories: 483.06kcal (24.15%), Fat: 25.64g (39.45%), Saturated Fat: 11.1g (69.38%), Carbohydrates: 55.88g (18.63%), Net Carbohydrates: 50.61g (18.4%), Sugar: 27.31g (30.34%), Cholesterol: 5.2mg (1.73%), Sodium: 410.68mg (17.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.72%), Manganese: 1.12mg (55.82%), Vitamin B3: 5.48mg (27.4%), Folate: 96.1µg (24.02%), Fiber: 5.27g (21.07%), Iron: 3.14mg (17.46%), Magnesium: 61.8mg (15.45%), Vitamin B1: 0.22mg (14.99%), Phosphorus: 141.8mg (14.18%), Copper: 0.24mg (11.83%), Potassium: 334.3mg (9.55%), Vitamin B6: 0.18mg (8.88%), Zinc: 1.28mg (8.55%), Calcium: 85.33mg (8.53%), Vitamin B2: 0.1mg (5.71%), Selenium: 3.84µg (5.49%), Vitamin B5: 0.54mg (5.36%), Vitamin A: 204.88IU (4.1%), Vitamin B12: 0.24µg (3.95%), Vitamin C: 2.3mg (2.78%)