



HEALTH SCORE

77%

Sweet and Savory Snack Mix



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



16

CALORIES



307 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 3 cups corn flakes/bran flakes
- ☐ 1.5 cups nuts mixed
- ☐ 3 cups pretzel sticks
- ☐ 2 cups wheat chex
- ☐ 2 tablespoons worcestershire sauce

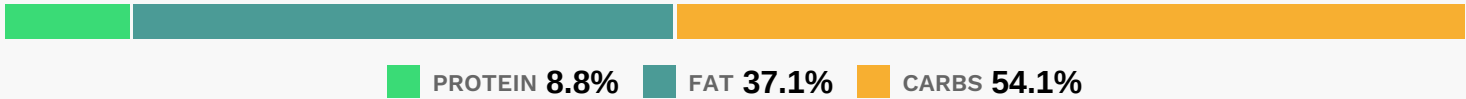
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Heat oven to 250F. In ungreased 15x10x1-inch pan, mix pretzels, cereals and nuts.
- ☐ In small bowl, mix melted butter, brown sugar and Worcestershire sauce until blended.
- ☐ Pour over cereal mixture, stirring to coat.
- ☐ Bake 1 hour, stirring every 15 minutes.
- ☐ Spread on paper towels; cool about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:11.56, Glycemic Load:10.74, Inflammation Score:-8, Nutrition Score:24.530869842871%

Nutrients (% of daily need)

Calories: 306.97kcal (15.35%), Fat: 13.75g (21.15%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 45.12g (15.04%), Net Carbohydrates: 38.4g (13.96%), Sugar: 7.17g (7.96%), Cholesterol: 0mg (0%), Sodium: 437.36mg (19.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.68%), Vitamin D: 25.41µg (169.39%), Folate: 327.73µg (81.93%), Iron: 12.27mg (68.16%), Manganese: 0.63mg (31.42%), Zinc: 4.3mg (28.7%), Vitamin B3: 5.61mg (28.03%), Vitamin B1: 0.41mg (27.14%), Fiber: 6.72g (26.87%), Vitamin B2: 0.44mg (25.86%), Vitamin B6: 0.49mg (24.57%), Vitamin B12: 1.33µg (22.1%), Phosphorus: 203.21mg (20.32%), Magnesium: 76.45mg (19.11%), Vitamin A: 759.46IU (15.19%), Copper: 0.23mg (11.59%), Calcium: 84.76mg (8.48%), Potassium: 273.92mg (7.83%), Selenium: 4.44µg (6.34%), Vitamin C: 4.34mg (5.26%), Vitamin B5: 0.27mg (2.72%), Vitamin E: 0.33mg (2.19%)