



Toffee Crunch Snack Mix

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



328 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter
- 3 cups oats 'n chocolate protein granola dark
- 1 cup milk chocolate chips
- 1 cup pecans chopped

Equipment

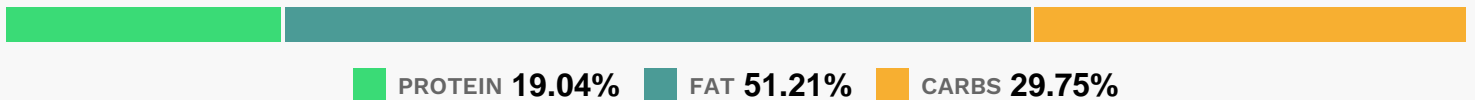
- bowl
- frying pan

- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 350F. Line 15x10x1-inch pan with foil. Spray foil with cooking spray.
- Place granola and pecans on foil.
- In 1-quart saucepan, heat butter and brown sugar to rolling boil over medium heat, stirring frequently. Boil 2 minutes, stirring frequently. Immediately pour over granola mixture; gently toss to evenly coat.
- Bake 10 minutes.
- Let cool 1 hour. Break into pieces.
- Transfer mixture to bowl; add chocolate chips, and toss to combine. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:25.194348213141%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 327.77kcal (16.39%), Fat: 20.08g (30.9%), Saturated Fat: 8.9g (55.6%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 21.41g (7.79%), Sugar: 18.62g (20.69%), Cholesterol: 52.1mg (17.37%), Sodium: 174.56mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.61%), Vitamin B1: 1.25mg (83.41%), Vitamin B6: 1.61mg (80.54%), Vitamin B5: 8.04mg (80.42%), Vitamin B2: 1.37mg (80.3%), Vitamin B3: 16mg (80.01%), Vitamin B12: 4.78µg (79.65%), Calcium: 209.58mg (20.96%), Manganese: 0.41mg (20.73%), Fiber: 4.84g (19.36%),

Potassium: 301.03mg (8.6%), Copper: 0.11mg (5.67%), Vitamin A: 241.45IU (4.83%), Magnesium: 12.01mg (3%), Zinc: 0.42mg (2.82%), Phosphorus: 27.8mg (2.78%), Vitamin E: 0.35mg (2.31%), Iron: 0.3mg (1.65%)