



Trail Mix on Sticks

 Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 3 cups marshmallows miniature
- ☐ 0.3 cup butter
- ☐ 0.3 cup creamy peanut butter
- ☐ 3 cups corn flakes/bran flakes
- ☐ 0.5 cup raisins
- ☐ 0.3 cup sunflower seeds
- ☐ 10 celery stalks with rounded ends

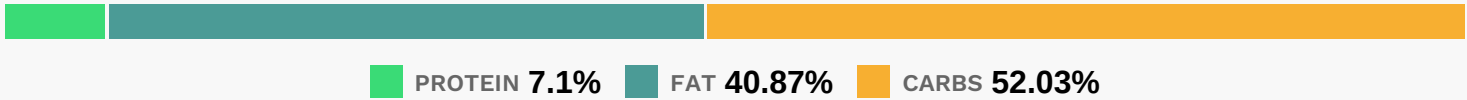
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Cover cookie sheet with waxed paper. In 3-quart saucepan, heat marshmallows and butter over low heat, stirring constantly, until marshmallows are melted and mixture is smooth. Stir in peanut butter until blended.
- ☐ Remove from heat.
- ☐ Stir in cereal, raisins and nuts until evenly coated.
- ☐ Let stand 2 minutes. Shape into 2-inch balls. Insert wooden stick into middle of each ball.
- ☐ Place on waxed paper.
- ☐ Let stand about 30 minutes or until firm. Store balls wrapped in plastic wrap.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:16.09, Inflammation Score:-7, Nutrition Score:11.292608724988%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 214.48kcal (10.72%), Fat: 10.49g (16.14%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 26.58g (9.67%), Sugar: 11.72g (13.02%), Cholesterol: 0mg (0%), Sodium: 163.62mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Manganese: 0.63mg (31.72%), Folate: 97.59µg (24.4%), Iron: 3.94mg (21.87%), Vitamin B3: 3.34mg (16.7%), Vitamin E: 2.44mg (16.25%), Vitamin B1: 0.24mg (16.05%), Vitamin B6: 0.31mg (15.51%), Magnesium: 55.98mg (14%), Fiber: 3.46g (13.85%), Selenium: 9.25µg (13.21%), Vitamin B2: 0.21mg (12.58%), Phosphorus: 114.13mg (11.41%), Vitamin A: 523.19IU (10.46%), Copper: 0.21mg (10.27%), Vitamin B12: 0.61µg (10.09%), Zinc: 1.01mg (6.74%), Potassium: 202.49mg (5.79%), Vitamin D: 0.4µg (2.64%), Vitamin B5: 0.24mg (2.42%), Calcium: 17.71mg (1.77%), Vitamin K: 1.36µg (1.29%)