



## Treat Toss

 Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



141 kcal

## Ingredients

- 2 cups chocolate graham snacks bear-shaped
- 4 cups corn and oat cereal sweetened honeycomb-shaped
- 1.5 cups marshmallows jet-puffed miniature
- 1 cup planters cocktail peanuts

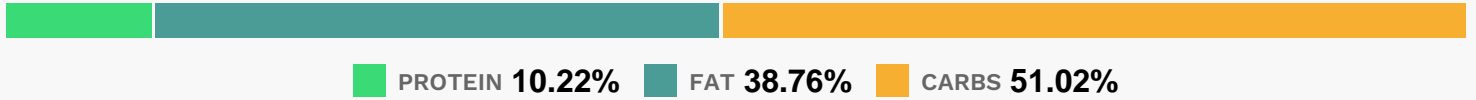
## Equipment

## Directions

- Mix all ingredients.

Store in tightly covered container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:4.67, Glycemic Load:2.38, Inflammation Score:-3, Nutrition Score:5.0313042685713%

## Nutrients (% of daily need)

Calories: 140.73kcal (7.04%), Fat: 6.31g (9.7%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 17.58g (6.39%), Sugar: 6.15g (6.83%), Cholesterol: 0mg (0%), Sodium: 94.27mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin B3: 2.71mg (13.55%), Iron: 2.39mg (13.28%), Manganese: 0.25mg (12.65%), Folate: 46.94µg (11.73%), Vitamin B1: 0.16mg (10.36%), Vitamin B6: 0.16mg (7.86%), Vitamin B2: 0.12mg (6.99%), Vitamin B12: 0.35µg (5.83%), Copper: 0.1mg (5.03%), Magnesium: 19.98mg (4.99%), Fiber: 1.1g (4.41%), Phosphorus: 42.92mg (4.29%), Vitamin A: 125.02IU (2.5%), Potassium: 79.88mg (2.28%), Selenium: 1.32µg (1.88%), Vitamin C: 1.47mg (1.78%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.27mg (1.77%), Vitamin D: 0.25µg (1.68%), Calcium: 10.16mg (1.02%)