



White Chocolate Snack Mix

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



938 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce candy-coated milk chocolate pieces
- ☐ 5 cups oat cereal toasted
- ☐ 5 cups corn cereal squares crispy
- ☐ 10 ounce twist pretzels mini
- ☐ 2 cups peanuts salted
- ☐ 3 tablespoons vegetable oil
- ☐ 22 ounce chocolate chips white

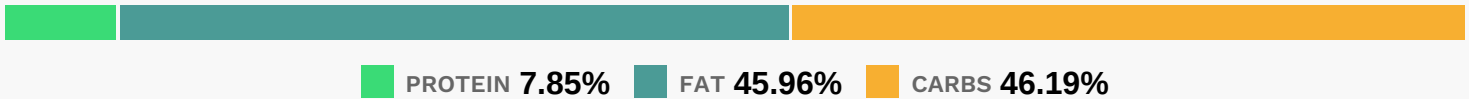
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ microwave

Directions

- ☐ Line 3 baking sheets with waxed paper or parchment. Set aside.
- ☐ In a large bowl, combine mini pretzels, toasted oat cereal, crispy corn cereal squares, salted peanuts, and candy-coated chocolate pieces. Set aside.
- ☐ In a microwave-safe bowl, heat chips and oil on medium-high for 2 minutes, stirring once. Microwave on high for 10 seconds; stir until smooth.
- ☐ Pour over cereal mixture and mix well.
- ☐ Spread onto prepared baking sheets. Cool; break apart. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:43.88, Inflammation Score:-8, Nutrition Score:25.342608762824%

Nutrients (% of daily need)

Calories: 938.45kcal (46.92%), Fat: 49.27g (75.8%), Saturated Fat: 20.96g (131.03%), Carbohydrates: 111.42g (37.14%), Net Carbohydrates: 105.14g (38.23%), Sugar: 64.05g (71.16%), Cholesterol: 19.05mg (6.35%), Sodium: 715.34mg (31.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.85%), Manganese: 1.35mg (67.66%), Folate: 217.42µg (54.36%), Iron: 9.68mg (53.8%), Vitamin B3: 10.7mg (53.52%), Vitamin B1: 0.58mg (38.41%), Phosphorus: 310.83mg (31.08%), Vitamin B2: 0.52mg (30.48%), Vitamin B12: 1.76µg (29.34%), Vitamin B6: 0.57mg (28.46%), Fiber: 6.28g (25.13%), Calcium: 245.19mg (24.52%), Magnesium: 82.19mg (20.55%), Zinc: 2.89mg (19.25%), Copper: 0.34mg (17.15%), Potassium: 558.17mg (15.95%), Selenium: 10.02µg (14.31%), Vitamin A: 704.05IU (14.08%), Vitamin K: 14.18µg (13.51%), Vitamin B5: 1.03mg (10.26%), Vitamin C: 6.33mg (7.68%), Vitamin E: 1.13mg (7.5%), Vitamin D: 0.88µg (5.88%)