



HEALTH SCORE

74%

Whole-Grain Snack Mix



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



14

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups all-bran cereal
- ☐ 2 cups corn flakes/bran flakes fiber honey clusters®
- ☐ 2 cups pinenuts
- ☐ 1 cup raisins
- ☐ 1 cup peanuts
- ☐ 1 cup carob chips

Equipment

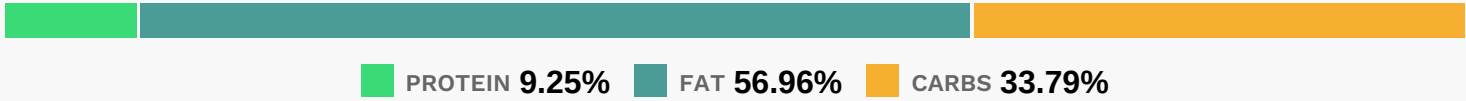
- ☐ bowl

☐ ziploc bags

Directions

☐ In large bowl or gallon-size resealable food-storage plastic bag, mix ingredients. Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:13.57, Glycemic Load:8.8, Inflammation Score:-8, Nutrition Score:24.325217433598%

Nutrients (% of daily need)

Calories: 331kcal (16.55%), Fat: 23.01g (35.4%), Saturated Fat: 5.61g (35.06%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 24.18g (8.79%), Sugar: 7.53g (8.37%), Cholesterol: 0.13mg (0.04%), Sodium: 73.05mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.81%), Manganese: 2.88mg (143.93%), Vitamin B6: 1.25mg (62.53%), Folate: 188.74µg (47.18%), Vitamin B12: 1.99µg (33.11%), Phosphorus: 302.84mg (30.28%), Magnesium: 120.9mg (30.22%), Vitamin B1: 0.44mg (29.36%), Iron: 5.07mg (28.15%), Copper: 0.52mg (26.2%), Fiber: 6.54g (26.15%), Vitamin B3: 5.02mg (25.11%), Vitamin B2: 0.42mg (24.68%), Zinc: 3.32mg (22.14%), Vitamin E: 2.15mg (14.34%), Potassium: 480.36mg (13.72%), Vitamin K: 11.93µg (11.36%), Calcium: 92.97mg (9.3%), Selenium: 5.45µg (7.78%), Vitamin A: 304.47IU (6.09%), Vitamin B5: 0.49mg (4.89%), Vitamin D: 0.57µg (3.8%), Vitamin C: 2.55mg (3.09%)