



Cornell University
 Cooperative Extension
 New York City



Mixed Bag

Ingredients:

- 1/2 cup unsalted mixed nuts
- 1 1/4 cup raisins
- 3/4 cup Cheerios™, unsweetened
- 3/4 cup Wheat Chex™
- 2 cups plain, popped popcorn

Directions:

1. Mix all ingredients together.
2. Pack in small individual bags if you desire

Yields about 10 servings

Nutrition Facts

servings per container

Serving size 1/2 cup (36g)

Amount per serving

Calories **140**

% Daily Value*

Total Fat 4g **8%**

Saturated Fat 0.5g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **1%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **4%**

Total Sugars 15g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 35mg **7%**

Iron 3mg **6%**

Potassium 237mg **5%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Cornell University Cooperative Extension in New York City



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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