



September 24- Game Snack Mix

Not Smart Snack

Link: <http://www.diabeticlivingonline.com/recipe/appetizers-snacks/bowl-game-snack-mix>

Recipe

Ingredients:

- 10 cups air-popped popcorn
- Nonstick cooking spray
- 1 tablespoon taco seasoning mix
- ½ cup peanuts
- 1 cup golden raisins
- ¼ cup toasted pumpkin seeds

Directions:

1. Wash hands with warm, soapy water
2. Remove uncooked kernels from popped corn. Place popped corn in a very large bowl; lightly coat popcorn with nonstick cooking spray. Sprinkle popcorn with taco seasoning mix; stir lightly to coat. Stir in peanuts, raisins, and pumpkin seeds.
3. Stir again before serving.

Yield 16 servings

Nutrition Facts

Serving Size 3/4 cup (24.05g)
Servings Per Container 16

Amount Per Serving

Calories 110 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **7%**

Sugars 6g

Protein 3g **6%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.