



**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

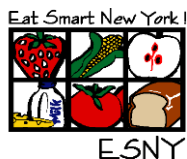
### Directions:

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

*Yields about 10 servings*

Nutrition Facts			
Serving Size: 1/2 cup			
Servings Per Recipe: 10			
Amount Per Serving			
Calories	136	Calories from Fat	45
% Daily Value *			
<b>Total Fat</b>	<b>5g</b>		8%
Saturated Fat	1g		4%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>51mg</b>		2%
<b>Total Carbohydrate</b>	<b>22g</b>		7%
Dietary Fiber	2g		9%
Sugars	11g		
<b>Protein</b>	<b>3g</b>		
Vitamin A	2%	Vitamin C	3%
Calcium	3%	Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<b>33% calories from fat</b>			

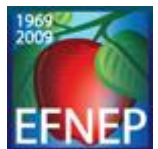
**Source:** Cornell University Cooperative Extension in New York City



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

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This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.



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