



Healthdor

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Snack Basket Asst ♦

A delicious assortment of snacks for any occasion.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

| | |
|-------|--------------|
| 100 g | potato chips |
| 100 g | pretzels |
| 100 g | Mixed Nuts |
| 100 g | cheese cubes |
| 100 g | Grapes |

Directions

Step 1

Open the bag of potato chips.

Prep Time: 0 mins

Cook Time: 0 mins

Step 2

Open the bag of pretzels.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Pour the mixed nuts into a bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Cutting

Cut the cheese into cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Washing

Wash the grapes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Arrange all the snacks in a basket.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 30 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 15 g | 88.24% | 88.24% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 40 g | 72.73% | 80% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 10 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 15 g | N/A | N/A |
| Saturated Fat | 5 g | 22.73% | 29.41% |
| Fat | 30 g | 107.14% | 120% |
| Cholesterol | 20 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 0 iu | 0% | 0% |
| Vitamin C | 10 mg | 11.11% | 13.33% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 1 mcg | 41.67% | 41.67% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 100 mg | 10% | 10% |
| Iron | 2 mg | 25% | 11.11% |
| Potassium | 300 mg | 8.82% | 11.54% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Course

Snacks

Drinks

Salads

Sauces & Dressings

Appetizers

Side Dishes

Events

Picnic

Diet

Anti-Inflammatory Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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