






 **13%**
HEALTH SCORE

Asian Firecracker Chex Party Mix

READY IN

75 min.

SERVINGS

15

CALORIES

336 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 0.3 teaspoon ground pepper
- 1 cup chow mein noodles
- 0.8 teaspoon garlic powder
- 1 teaspoon ground ginger
- 5 cups rice chex
- 1 cup roasted peanuts
- 2 cups sesame seed
- 2 tablespoons soya sauce
- 6 tablespoons butter unsalted melted

1 cup wasabi peas

Equipment

Nutrition Facts



PROTEIN 12.06% **FAT 52.98%** **CARBS 34.96%**

Properties

Glycemic Index:5.8, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:17.154347826087%

Nutrients (% of daily need)

Calories: 335.68kcal (16.78%), Fat: 20.52g (31.56%), Saturated Fat: 5.32g (33.25%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 26.15g (9.51%), Sugar: 1.65g (1.84%), Cholesterol: 12.04mg (4.01%), Sodium: 414.55mg (18.02%), Protein: 10.51g (21.02%), Manganese: 1.1mg (55.11%), Iron: 8.85mg (49.15%), Copper: 0.91mg (45.49%), Folate: 99.08µg (24.77%), Calcium: 240.18mg (24.02%), Magnesium: 90.78mg (22.69%), Vitamin B1: 0.32mg (21.11%), Vitamin B3: 4.14mg (20.68%), Zinc: 3.02mg (20.14%), Phosphorus: 182.19mg (18.22%), Vitamin B6: 0.36mg (17.93%), Fiber: 4.31g (17.25%), Selenium: 9.56µg (13.66%), Vitamin B2: 0.21mg (12.23%), Vitamin B12: 0.51µg (8.54%), Vitamin A: 322.33IU (6.45%), Potassium: 196.7mg (5.62%), Vitamin C: 3.13mg (3.79%), Vitamin B5: 0.29mg (2.95%), Vitamin D: 0.42µg (2.78%), Vitamin E: 0.22mg (1.48%)