



Asian-Flavored Snack Mix

READY IN



300 min.

SERVINGS



14

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon ground pepper
- ☐ 3 oz asian rice cracker snack mix
- ☐ 5 ounces chow mein noodles canned
- ☐ 6 ounces rice chex
- ☐ 2 cups roasted cashews salted
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.8 teaspoon ground ginger
- ☐ 2 tablespoons hoisin sauce
- ☐ 3 ounces popped popcorn

- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup butter unsalted cut into 8 pieces
- ☐ 1 cup wasabi peas dried

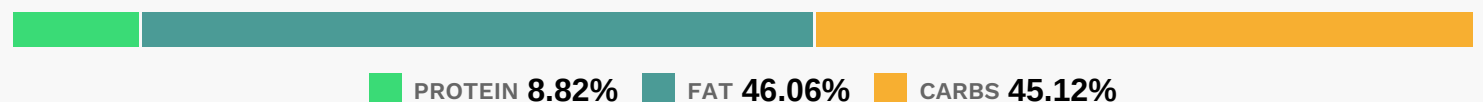
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 250°F with racks in upper and lower thirds.
- ☐ Melt butter in a small saucepan over medium-low heat and whisk in sugar, soy, hoisin, sesame oil, garlic powder, ginger and cayenne.
- ☐ Remove from heat.
- ☐ Combine popcorn, rice cereal, chow mein noodles, Asian snack mix, cashews and wasabi peas in a very large bowl.
- ☐ Drizzle with butter mixture and toss well to coat.
- ☐ Spread evenly in 2 large (18- by 13-inch) rimmed sheet pans.
- ☐ Bake, stirring every 15 minutes, a total of 1 hour.
- ☐ Cool completely in pans on racks.
- ☐ Snack mix can be made 2 days ahead and kept in an airtight container at room temperature. If for some reason it needs to be re-crisped, reheat it in the rimmed sheet pans in a preheated 250°F oven for 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:13.46, Glycemic Load:3.79, Inflammation Score:-7, Nutrition Score:14.428260834321%

Nutrients (% of daily need)

Calories: 359.23kcal (17.96%), Fat: 18.91g (29.09%), Saturated Fat: 6.6g (41.23%), Carbohydrates: 41.67g (13.89%), Net Carbohydrates: 38.92g (14.15%), Sugar: 5.61g (6.23%), Cholesterol: 17.74mg (5.91%), Sodium: 579.9mg (25.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Iron: 8.4mg (46.66%), Manganese: 0.77mg (38.64%), Folate: 114.08µg (28.52%), Copper: 0.5mg (25.09%), Zinc: 3.11mg (20.74%), Magnesium: 68.63mg (17.16%), Vitamin B2: 0.27mg (15.95%), Vitamin B1: 0.24mg (15.94%), Vitamin B3: 3.12mg (15.6%), Vitamin B6: 0.31mg (15.44%), Phosphorus: 153.27mg (15.33%), Vitamin B12: 0.7µg (11.68%), Fiber: 2.75g (11%), Vitamin A: 484.27IU (9.69%), Vitamin K: 8.68µg (8.27%), Selenium: 5.36µg (7.65%), Calcium: 60.84mg (6.08%), Potassium: 181.74mg (5.19%), Vitamin B5: 0.5mg (4.98%), Vitamin C: 3.98mg (4.82%), Vitamin D: 0.57µg (3.81%), Vitamin E: 0.54mg (3.61%)