

## Asian Party Mix

READY IN



45 min.

SERVINGS



16

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups cornflakes crispy (such as Corn Chex)
- 2 cups rice cereal crispy (such as Rice Chex)
- 1 tablespoon curry powder
- 0.3 cup chop roasted peanuts salted
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 1 tablespoon soy sauce low-sodium
- 1 cup pretzel twists fat-free

- 2 cups rice
- 0.3 teaspoon salt
- 1 tablespoon sugar
- 3 tablespoons butter unsalted
- 0.8 cup wasabi peas
- 1 teaspoon worcestershire sauce

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk

## Directions

- Preheat oven to 20
- Combine the first 6 ingredients in a large bowl; set aside. Melt the butter in a small saucepan over medium heat.
- Add sugar and remaining ingredients, stirring with a whisk.
- Pour butter mixture over cereal mixture, tossing gently to coat.
- Spread the mixture onto a jelly roll pan coated with cooking spray.
- Bake at 200 for 45 minutes. Cool completely before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.33, Glycemic Load:13.36, Inflammation Score:-2, Nutrition Score:4.8169565330381%

## Nutrients (% of daily need)

Calories: 176.73kcal (8.84%), Fat: 4.2g (6.46%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 29.99g (10.91%), Sugar: 1.72g (1.91%), Cholesterol: 5.64mg (1.88%), Sodium: 192.21mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Manganese: 0.36mg (17.76%), Iron: 3.11mg (17.25%), Vitamin B3: 1.59mg (7.95%), Folate: 26.23µg (6.56%), Selenium: 4.49µg (6.42%), Vitamin B6: 0.12mg (6.1%), Vitamin B1: 0.09mg (6.06%), Vitamin B2: 0.09mg (5.28%), Phosphorus: 49.44mg (4.94%), Copper: 0.08mg (4.18%), Magnesium: 14.88mg (3.72%), Fiber: 0.89g (3.56%), Vitamin B12: 0.18µg (2.99%), Zinc: 0.44mg (2.92%), Vitamin A: 145.9IU (2.92%), Vitamin B5: 0.29mg (2.91%), Vitamin E: 0.32mg (2.13%), Potassium: 71.79mg (2.05%), Vitamin C: 1.69mg (2.05%), Calcium: 12.79mg (1.28%), Vitamin D: 0.17µg (1.1%)