



Asian Snack Mix (1/2)

 Dairy Free

READY IN



30 min.

SERVINGS



14

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 cups corn chex corn chex®
- ☐ 1 cup chow mein noodles
- ☐ 2 cups regular corn bugles®
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup pretzel sticks
- ☐ 0.5 cup roasted peanuts salted
- ☐ 1 tablespoon soya sauce

☐ 0.5 cup wasabi peas

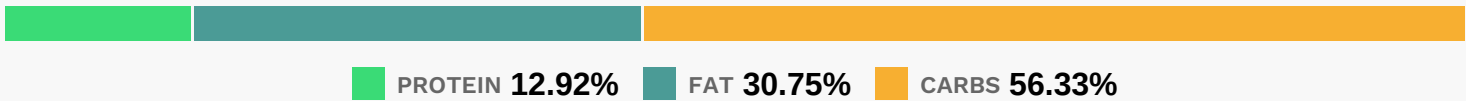
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, mix cereal, corn snacks, chow mein noodles, pretzels and peanuts.
- ☐ In microwavable measuring cup, microwave butter uncovered on High about 30 seconds or until melted. Stir in garlic powder, soy sauce and chow mein seasoning mix with wire whisk until well mixed.
- ☐ Pour over cereal mixture, stirring until evenly coated.
- ☐ Microwave uncovered on High about 3 minutes, stirring after every minute, until mixture looks dry and crisp.
- ☐ Spread on paper towels; cool 15 minutes.
- ☐ Place in serving bowl; stir in wasabi-coated peas. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:11.32, Glycemic Load:3.56, Inflammation Score:-4, Nutrition Score:5.1056521437738%

Nutrients (% of daily need)

Calories: 175.57kcal (8.78%), Fat: 6.2g (9.54%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 23.36g (8.5%), Sugar: 2.15g (2.39%), Cholesterol: 0mg (0%), Sodium: 319.52mg (13.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Iron: 3.18mg (17.66%), Folate: 44.13µg (11.03%), Vitamin B3: 2.02mg (10.1%), Manganese: 0.2mg (10.02%), Fiber: 2.19g (8.78%), Vitamin B1: 0.1mg (6.68%), Vitamin A: 308.04IU (6.16%), Vitamin B6: 0.12mg (6.07%), Zinc: 0.81mg (5.37%), Vitamin B2: 0.09mg (5.2%), Phosphorus: 48.2mg

(4.82%), Magnesium: 16.9mg (4.22%), Vitamin B12: 0.22µg (3.59%), Vitamin C: 2.71mg (3.28%), Potassium: 106.87mg (3.05%), Copper: 0.06mg (2.85%), Vitamin B5: 0.28mg (2.82%), Calcium: 21.96mg (2.2%), Selenium: 1.09µg (1.56%)