

## Asian Snack Mix

 Dairy Free

READY IN



30 min.

SERVINGS



28

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 cups cornflakes
- ☐ 4 cups regular corn bugles®
- ☐ 2 cups chow mein noodles
- ☐ 1 cup pretzel sticks
- ☐ 1 cup roasted peanuts salted
- ☐ 6 tablespoons butter
- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoons soya sauce

- ☐ 1 oz chow mein noodles
- ☐ 1 cup wasabi peas

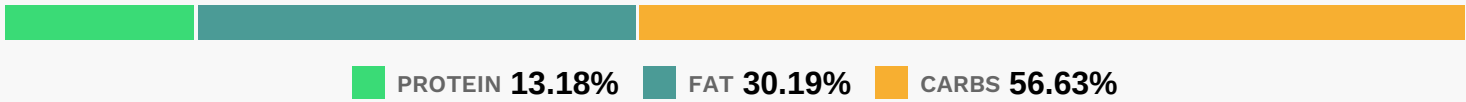
## Equipment

- ☐ 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 40 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 5 minutes, stirring every 2 minutes, 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:5.66, Glycemic Load:3.56, Inflammation Score:-3, Nutrition Score:4.6408695351818%

## Nutrients (% of daily need)

Calories: 177.08kcal (8.85%), Fat: 6.13g (9.43%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 23.69g (8.61%), Sugar: 2.05g (2.28%), Cholesterol: 0mg (0%), Sodium: 323.17mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Iron: 3.21mg (17.84%), Vitamin B3: 2.02mg (10.11%),

Manganese: 0.19mg (9.62%), Fiber: 2.17g (8.69%), Folate: 29.84µg (7.46%), Vitamin B1: 0.1mg (6.71%), Vitamin B6: 0.12mg (6.08%), Vitamin B2: 0.09mg (5.15%), Vitamin A: 236.61IU (4.73%), Phosphorus: 46.56mg (4.66%), Magnesium: 17.31mg (4.33%), Vitamin B12: 0.2µg (3.38%), Vitamin C: 2.69mg (3.26%), Potassium: 104.87mg (3%), Copper: 0.06mg (2.93%), Vitamin B5: 0.27mg (2.71%), Zinc: 0.31mg (2.07%), Selenium: 0.89µg (1.27%)