



HEALTH SCORE

52%

Asian Snack Mix

READY IN



10 min.

SERVINGS



10

CALORIES



753 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon brown mustard prepared
- ☐ 2 tablespoons brown sugar
- ☐ 0.8 cup butter melted
- ☐ 2 cups cashew halves salted
- ☐ 3 ounce chow mein noodles canned
- ☐ 4 cups rice cereal squares
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper red

- ☐ 2 tablespoons catsup
- ☐ 1 teaspoon onion powder
- ☐ 2 tablespoons teriyaki sauce
- ☐ 6.9 ounce wasabi peas canned
- ☐ 4 cups wheat cereal squares

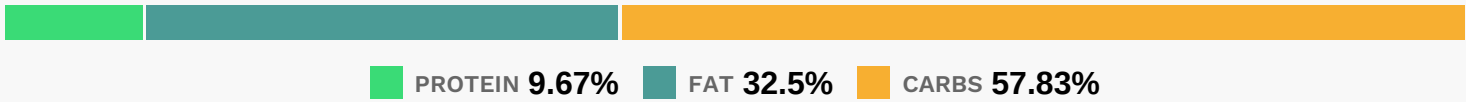
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven

Directions

- ☐ Combine first 9 ingredients, and, if desired, sesame oil in a medium bowl until well blended.
- ☐ Combine rice cereal squares and next 4 ingredients in a large bowl. Slowly stir in butter mixture, tossing to coat.
- ☐ Spread mixture in an even layer in 2 (15- x 10-inch) jelly-roll pans.
- ☐ Bake at 250 for 1 hour, stirring every 15 minutes. Cool in pans 10 minutes; spread mixture on paper towels to cool completely.
- ☐ Note: For testing purposes only, we used Rice Chex and Wheat Chex Cereals. Wasabi peas can be found in the ethnic foods aisle of large supermarkets.

Nutrition Facts



Properties

Glycemic Index:11.22, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:45.771739151167%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 752.8kcal (37.64%), Fat: 29.45g (45.31%), Saturated Fat: 11.47g (71.66%), Carbohydrates: 117.89g (39.3%), Net Carbohydrates: 104.21g (37.89%), Sugar: 17.41g (19.34%), Cholesterol: 36.6mg (12.2%), Sodium: 1118.62mg (48.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.72g (39.45%), Vitamin D: 80.92µg (539.43%), Folate: 893.25µg (223.31%), Iron: 39.87mg (221.48%), Zinc: 13.6mg (90.7%), Vitamin B1: 1.02mg (67.91%), Vitamin B6: 1.33mg (66.53%), Vitamin B3: 12.45mg (62.25%), Vitamin B2: 1.06mg (62.22%), Vitamin B12: 3.65µg (60.88%), Fiber: 13.68g (54.73%), Phosphorus: 483.29mg (48.33%), Manganese: 0.84mg (42.03%), Magnesium: 162.83mg (40.71%), Vitamin A: 1668.13IU (33.36%), Copper: 0.6mg (30.22%), Calcium: 259.31mg (25.93%), Vitamin C: 17.5mg (21.22%), Potassium: 563.03mg (16.09%), Selenium: 7.63µg (10.9%), Vitamin K: 10.24µg (9.75%), Vitamin E: 0.73mg (4.84%), Vitamin B5: 0.42mg (4.15%)