



BA Party Mix

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 cups bugles (original flavor)
- ☐ 1 tablespoon dijon mustard
- ☐ 12 large garlic cloves crushed
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon ground mustard english
- ☐ 0.5 teaspoon paprika plus more for sprinkling
- ☐ 1 cup roasted peas green store-bought (not wasabi flavor)

- ☐ 1 cup pumpkin seeds raw shelled (pepitas)
- ☐ 2 cups roasted peanuts unsalted
- ☐ 3 cups sesame pretzel rounds whole wheat
- ☐ 6 tablespoons butter unsalted ()
- ☐ 2 tablespoons worcestershire sauce
- ☐ 3 cups terra stix
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Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 250°F.
- ☐ Combine the first 5 ingredients in a large bowl. Set aside.
- ☐ Melt butter in a small saucepan over low heat.
- ☐ Add garlic and gently cook to infuse butter, about 5 minutes. Strain into a small bowl, pressing to extract garlic juices; discard garlic. Stir in Worcestershire, Dijon mustard, mustard powder, salt, paprika, and pepper.
- ☐ Pour over mixture in bowl and gently toss to coat.
- ☐ Divide mixture between 2 baking sheets and spread in an even layer.
- ☐ Bake, stirring every 15 minutes, until dry and toasted, about 1 hour.
- ☐ Sprinkle mixture with a few pinches of paprika. Toss and let cool completely on baking sheets (party mix will become crispy as it cools).
- ☐ Transfer party mix to a large bowl.
- ☐ Add Terra Stix and toss to mix well. DO AHEAD: Can be made 1 week ahead. Store airtight at room temperature.

Nutrition Facts



 **PROTEIN 10.5%**  **FAT 68.02%**  **CARBS 21.48%**

Properties

Glycemic Index:16.53, Glycemic Load:2.31, Inflammation Score:-8, Nutrition Score:28.023043254795%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 613.72kcal (30.69%), Fat: 48.95g (75.31%), Saturated Fat: 9.83g (61.46%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 25.99g (9.45%), Sugar: 2.51g (2.79%), Cholesterol: 15.05mg (5.02%), Sodium: 323.86mg (14.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.99%), Manganese: 1.91mg (95.42%), Copper: 1.77mg (88.75%), Magnesium: 233.66mg (58.42%), Phosphorus: 469.54mg (46.95%), Calcium: 436.96mg (43.7%), Iron: 7.08mg (39.35%), Fiber: 8.8g (35.21%), Zinc: 4.58mg (30.56%), Vitamin B3: 6.02mg (30.11%), Selenium: 19.05µg (27.22%), Vitamin B1: 0.41mg (27.01%), Vitamin B6: 0.53mg (26.34%), Vitamin E: 3.74mg (24.95%), Folate: 73.93µg (18.48%), Potassium: 485.09mg (13.86%), Vitamin B2: 0.2mg (11.69%), Vitamin C: 6.24mg (7.57%), Vitamin A: 316.15IU (6.32%), Vitamin B5: 0.61mg (6.08%), Vitamin K: 5.92µg (5.64%)