



Bacon Blooming Onion Chex Mix

READY IN



45 min.

SERVINGS



12

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon ancho chili powder
- 0.3 cup butter melted
- 8.8 oz asian rice cracker snack mix traditional chex mix®
- 0.5 cup bacon crumbled cooked
- 5.6 oz fried onions
- 0.5 teaspoon ground cumin
- 0.8 teaspoon ground pepper red (cayenne)

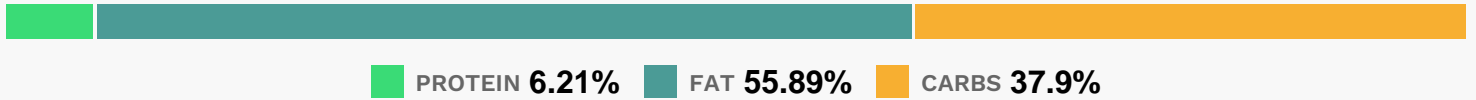
Equipment

- bowl
- frying pan
- paper towels
- oven

Directions

- Heat oven to 250F.
- In large bowl, mix snack mix, French-fried onions and bacon. In small bowl, mix melted butter and remaining ingredients.
- Pour butter mixture over snack mixture; toss to coat.
- Spread mixture on ungreased 15x10-inch pan.
- Bake 30 minutes, stirring occasionally.
- Spread on paper towels to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.7713043547195%

Nutrients (% of daily need)

Calories: 228.28kcal (11.41%), Fat: 14.05g (21.61%), Saturated Fat: 6.09g (38.05%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 20.13g (7.32%), Sugar: 1.55g (1.72%), Cholesterol: 15.66mg (5.22%), Sodium: 366.5mg (15.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Manganese: 0.18mg (8.97%), Vitamin B3: 1.57mg (7.86%), Vitamin B1: 0.1mg (6.77%), Folate: 24.93µg (6.23%), Iron: 1.05mg (5.83%), Selenium: 3.93µg (5.62%), Phosphorus: 55.83mg (5.58%), Fiber: 1.3g (5.2%), Vitamin B2: 0.08mg (4.76%), Vitamin A: 222.41IU (4.45%), Vitamin B6: 0.07mg (3.6%), Vitamin K: 3.65µg (3.48%), Zinc: 0.51mg (3.39%), Magnesium: 12.84mg (3.21%), Vitamin E: 0.44mg (2.9%), Potassium: 75.09mg (2.15%), Copper: 0.04mg (2.12%), Vitamin B5: 0.16mg (1.55%), Vitamin B12: 0.09µg (1.44%), Calcium: 13.5mg (1.35%)