



Buffalo Chex® Mix

READY IN



15 min.

SERVINGS



24

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups rice chex
- 4 cups wheat chex
- 2 cups round buttery crackers
- 2 cups pretzel twists
- 6 tablespoons butter
- 2.5 tablespoons sauce of the chicken from the turbo broiler
- 1 packet ranch seasoning
- 2 teaspoons celery seed

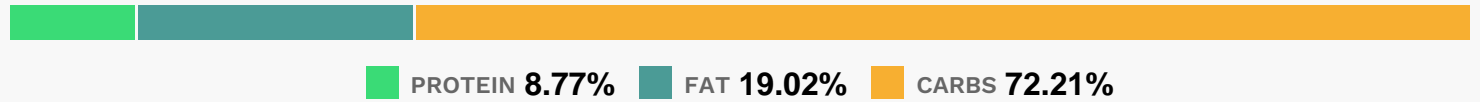
Equipment

- bowl
- paper towels
- microwave

Directions

- In large microwavable bowl, mix cereals, crackers and pretzels; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in hot sauce and seasonings.
- Pour over cereal mixture; stir until evenly coated.
- Microwave uncovered on High 4 to 5 minutes, thoroughly stirring every 2 minutes.
- Spread on paper towels to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:23.540869785392%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg

Nutrients (% of daily need)

Calories: 218.3kcal (10.91%), Fat: 5.07g (7.79%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 37.91g (13.79%), Sugar: 5.04g (5.6%), Cholesterol: 7.53mg (2.51%), Sodium: 509.12mg (22.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.51%), Vitamin D: 33.71µg (224.76%), Folate: 379.05µg (94.76%), Iron: 14.04mg (78%), Zinc: 5.11mg (34.08%), Vitamin B1: 0.41mg (27.67%), Vitamin B3: 5.46mg (27.32%), Vitamin B2: 0.46mg (26.78%), Vitamin B6: 0.51mg (25.5%), Vitamin B12: 1.52µg (25.27%), Fiber: 5.38g (21.51%), Phosphorus: 152.42mg (15.24%), Vitamin A: 590.24IU (11.8%), Manganese: 0.23mg (11.69%), Calcium: 112.96mg (11.3%), Magnesium: 37.68mg (9.42%), Vitamin C: 6.13mg (7.44%), Potassium: 168.1mg (4.8%), Vitamin K: 2.89µg (2.75%), Vitamin E: 0.29mg (1.93%), Selenium: 1.32µg (1.89%), Copper: 0.03mg (1.29%)