



Carolina Barbecue Chex Mix

 Dairy Free

READY IN



5 min.

SERVINGS



14

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 3.3 oz beef jerky cut into small pieces flavored
- ☐ 8.8 oz asian rice cracker snack mix chex mix®
- ☐ 2 cups regular corn
- ☐ 1 cup roasted peanuts

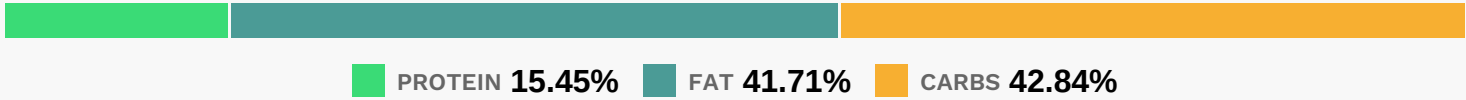
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredient in large serving bowl.
- ☐ Serve immediately, refrigerate remaining.

Nutrition Facts



Properties

Glycemic Index:3.96, Glycemic Load:2.27, Inflammation Score:-3, Nutrition Score:6.2904348166093%

Nutrients (% of daily need)

Calories: 184.32kcal (9.22%), Fat: 8.9g (13.69%), Saturated Fat: 1.83g (11.41%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 17.97g (6.53%), Sugar: 2.89g (3.21%), Cholesterol: 3.87mg (1.29%), Sodium: 285.84mg (12.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.84%), Manganese: 0.44mg (21.78%), Vitamin B3: 2.93mg (14.67%), Folate: 48.1µg (12.03%), Phosphorus: 114.21mg (11.42%), Fiber: 2.6g (10.41%), Magnesium: 35.63mg (8.91%), Vitamin B1: 0.13mg (8.45%), Iron: 1.47mg (8.18%), Zinc: 1.17mg (7.83%), Copper: 0.12mg (6.21%), Potassium: 205.21mg (5.86%), Vitamin B6: 0.1mg (5.15%), Vitamin B2: 0.09mg (5.1%), Vitamin B5: 0.41mg (4.13%), Selenium: 2.77µg (3.96%), Vitamin K: 2.84µg (2.71%), Calcium: 21.26mg (2.13%), Vitamin E: 0.23mg (1.5%), Vitamin C: 1.23mg (1.49%), Vitamin B12: 0.09µg (1.47%), Vitamin A: 57.86IU (1.16%)