



WHATSheATE



Cheddar Chex Mix

READY IN



5 min.

SERVINGS



12

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 8.8 oz asian rice cracker snack mix chex mix®
- ☐ 2 cups popped popcorn
- ☐ 1 cup cheddar cheese
- ☐ 1 cup sausage mini

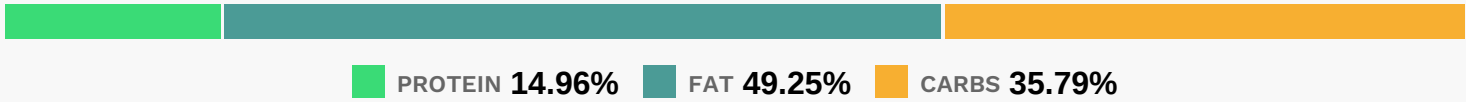
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix all ingredients together.
- ☐ Serve immediately and enjoy. Store remaining in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.11, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:5.2965217336364%

Nutrients (% of daily need)

Calories: 193.92kcal (9.7%), Fat: 10.58g (16.28%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 15.84g (5.76%), Sugar: 1.57g (1.74%), Cholesterol: 24.44mg (8.15%), Sodium: 331mg (14.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Phosphorus: 111.45mg (11.14%), Vitamin B3: 2.02mg (10.08%), Manganese: 0.19mg (9.63%), Vitamin B1: 0.13mg (8.83%), Calcium: 78.81mg (7.88%), Zinc: 1.18mg (7.83%), Vitamin B2: 0.13mg (7.79%), Folate: 27.34µg (6.84%), Iron: 1.2mg (6.68%), Selenium: 4.11µg (5.87%), Fiber: 1.46g (5.86%), Vitamin B6: 0.11mg (5.47%), Vitamin B12: 0.29µg (4.9%), Magnesium: 18.49mg (4.62%), Vitamin K: 3.37µg (3.21%), Potassium: 105.38mg (3.01%), Vitamin B5: 0.28mg (2.77%), Copper: 0.06mg (2.77%), Vitamin A: 112.74IU (2.25%), Vitamin E: 0.32mg (2.11%), Vitamin D: 0.31µg (2.09%)