



## Cheesesteak Chex Mix

READY IN



5 min.

SERVINGS



14

CALORIES



139 kcal

SIDE DISH

### Ingredients

- 8.8 oz asian rice cracker snack mix sour chex mix®
- 0.5 cup fried onions
- 0.5 cup beef jerky coarsely chopped
- 0.5 cup cheddar cheese cubed

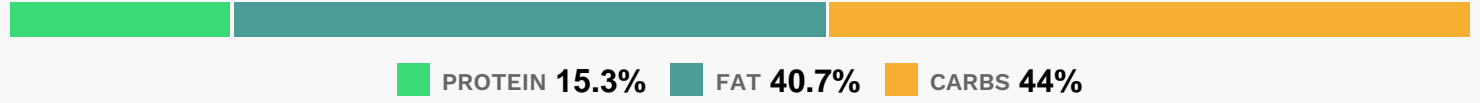
### Equipment

- bowl

### Directions

- In medium bowl, mix snack mix and onions. Just before serving, stir in jerky and cheese.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:1.93, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.8291304495348%

## Nutrients (% of daily need)

Calories: 139.44kcal (6.97%), Fat: 6.28g (9.66%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 14.09g (5.13%), Sugar: 2.08g (2.31%), Cholesterol: 8.8mg (2.93%), Sodium: 316.78mg (13.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Folate: 33.25µg (8.31%), Phosphorus: 82.99mg (8.3%), Manganese: 0.16mg (7.79%), Zinc: 1.13mg (7.53%), Iron: 1.24mg (6.91%), Vitamin B3: 1.04mg (5.21%), Vitamin B1: 0.08mg (5.15%), Vitamin B2: 0.09mg (5.05%), Fiber: 1.18g (4.72%), Selenium: 3.29µg (4.7%), Calcium: 39.08mg (3.91%), Magnesium: 14.44mg (3.61%), Vitamin K: 2.9µg (2.76%), Vitamin B6: 0.05mg (2.6%), Potassium: 90.58mg (2.59%), Copper: 0.05mg (2.51%), Vitamin B12: 0.15µg (2.49%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.11mg (1.13%)