



Cheesesteak Chex Mix

READY IN



5 min.

SERVINGS



14

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup beef jerky coarsely chopped
- ☐ 0.5 cup cheddar cheese cubed
- ☐ 8.8 oz onion soup mix sour chex mix®
- ☐ 0.5 cup fried onions

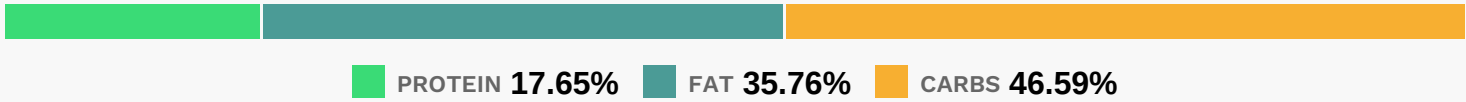
Equipment

- ☐ 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:3.5417391307976%

Nutrients (% of daily need)

Calories: 115.52kcal (5.78%), Fat: 4.57g (7.03%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 12.07g (4.39%), Sugar: 1.6g (1.78%), Cholesterol: 8.09mg (2.7%), Sodium: 1616.42mg (70.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Phosphorus: 90.26mg (9.03%), Zinc: 1.03mg (6.88%), Manganese: 0.13mg (6.38%), Vitamin B6: 0.12mg (6.05%), Calcium: 55.56mg (5.56%), Fiber: 1.32g (5.29%), Potassium: 181.3mg (5.18%), Vitamin B2: 0.08mg (4.61%), Vitamin B1: 0.06mg (4.24%), Selenium: 2.93µg (4.19%), Copper: 0.08mg (4.15%), Magnesium: 16.03mg (4.01%), Iron: 0.69mg (3.81%), Folate: 12.17µg (3.04%), Vitamin B12: 0.13µg (2.11%), Vitamin B3: 0.41mg (2.05%), Vitamin B5: 0.18mg (1.82%)