

Cheesy Ranch Chex® Mix

 Very Healthy

READY IN



15 min.

SERVINGS



26

CALORIES



350 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter
- 2 cups cheese
- 0.5 cup parmesan cheese grated
- 2 cups pretzel twists
- 1 oz ranch seasoning
- 9 cups wheat chex (or combination)

Equipment

- bowl

aluminum foil

microwave

Directions

In large microwavable bowl, mix cereal, pretzels and crackers.

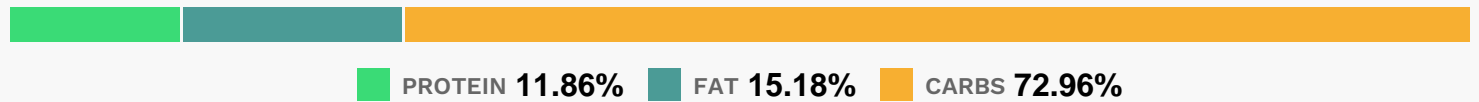
In small microwavable bowl, microwave butter uncovered on High about 30 seconds or until melted.

Pour over cereal mixture; stir until evenly coated. Stir in dressing mix and cheese until evenly coated.

Microwave uncovered on High 3 minutes, stirring after each minute.

Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:4.23, Glycemic Load:2.15, Inflammation Score:-9, Nutrition Score:32.972608892814%

Nutrients (% of daily need)

Calories: 349.55kcal (17.48%), Fat: 6.63g (10.19%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 71.65g (23.88%), Net Carbohydrates: 61.09g (22.21%), Sugar: 8.81g (9.79%), Cholesterol: 10.37mg (3.46%), Sodium: 698.51mg (30.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.28%), Vitamin D: 69.74µg (464.93%), Folate: 704.84µg (176.21%), Iron: 25.26mg (140.35%), Zinc: 9.58mg (63.89%), Vitamin B2: 0.8mg (46.88%), Vitamin B12: 2.73µg (45.56%), Vitamin B1: 0.67mg (44.7%), Vitamin B3: 8.89mg (44.45%), Vitamin B6: 0.88mg (44.07%), Fiber: 10.56g (42.24%), Phosphorus: 317.89mg (31.79%), Calcium: 254.01mg (25.4%), Vitamin A: 1032.48IU (20.65%), Magnesium: 73.69mg (18.42%), Vitamin C: 10.52mg (12.76%), Potassium: 314.42mg (8.98%), Selenium: 3.28µg (4.68%), Manganese: 0.03mg (1.65%)