



## 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.

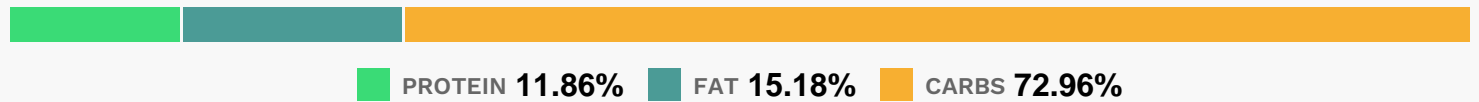
In small microwavable bowl, microwave butter uncovered on High about 30 seconds or until melted.

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%)