



Chex® Barbecue Snack Mix

 Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups rice chex
- 3 cups cornflakes
- 1.5 cups pretzel twists
- 1.5 cups round buttery crackers
- 0.8 cup roasted peanuts
- 0.5 cup barbecue sauce
- 1 tablespoon vegetable oil
- 0.8 teaspoon onion powder

0.8 teaspoon garlic powder

Equipment

bowl

paper towels

aluminum foil

microwave

Directions

In large microwavable bowl, mix cereals, pretzels, crackers and peanuts.

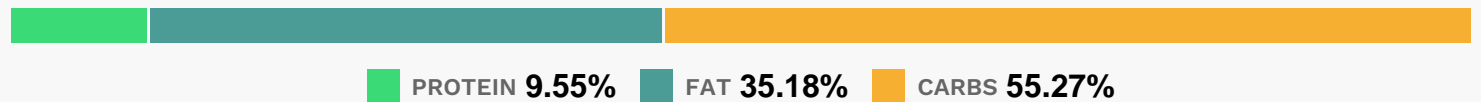
In medium bowl, mix remaining ingredients until well blended.

Pour over cereal mixture, stirring until evenly coated.

Microwave uncovered on High 7 minutes, stirring every 2 minutes.

Spread on foil or paper towels to cool, about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:5.87, Glycemic Load:2.72, Inflammation Score:-4, Nutrition Score:8.4291303572447%

Nutrients (% of daily need)

Calories: 153.6kcal (7.68%), Fat: 6.19g (9.52%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 20.54g (7.47%), Sugar: 4.72g (5.25%), Cholesterol: 0mg (0%), Sodium: 320.1mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.57%), Manganese: 0.46mg (23.07%), Iron: 4.12mg (22.89%), Folate: 81.54µg (20.39%), Vitamin B3: 3.67mg (18.33%), Vitamin B1: 0.22mg (14.74%), Vitamin B2: 0.21mg (12.55%), Vitamin B6: 0.24mg (11.8%), Vitamin B12: 0.58µg (9.7%), Zinc: 1.06mg (7.05%), Phosphorus: 66.62mg (6.66%), Fiber: 1.34g (5.36%), Magnesium: 19.91mg (4.98%), Copper: 0.1mg (4.79%), Vitamin K: 5.02µg (4.78%), Vitamin A: 221.38IU (4.43%), Calcium: 41.6mg (4.16%), Selenium: 2.71µg (3.87%), Potassium: 117.72mg (3.36%), Vitamin C: 2.55mg (3.09%), Vitamin E: 0.41mg (2.71%), Vitamin D: 0.4µg (2.68%), Vitamin B5: 0.25mg (2.48%)