



Chex® Barbecue Snack Mix

READY IN



30 min.

SERVINGS



15

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

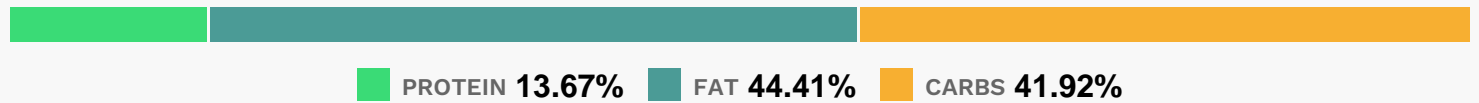
Equipment

- 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:7.67, Glycemic Load:2.8, Inflammation Score:-5, Nutrition Score:9.0543477794398%

Nutrients (% of daily need)

Calories: 170.18kcal (8.51%), Fat: 8.64g (13.29%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 17.15g (6.24%), Sugar: 4.27g (4.75%), Cholesterol: 11.3mg (3.77%), Sodium: 341.08mg (14.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Manganese: 0.43mg (21.51%), Iron: 3.87mg (21.5%), Folate: 79.59µg (19.9%), Vitamin B3: 3.38mg (16.9%), Vitamin B2: 0.25mg (14.55%), Vitamin B1: 0.2mg (13.19%), Vitamin B6: 0.24mg (12.01%), Vitamin B12: 0.7µg (11.69%), Calcium: 112.25mg (11.22%), Phosphorus: 102mg (10.2%), Zinc: 1.44mg (9.58%), Selenium: 5.63µg (8.04%), Vitamin A: 334.6IU (6.69%), Magnesium: 21.82mg (5.45%), Fiber: 1.2g (4.81%), Copper: 0.09mg (4.6%), Potassium: 119.28mg (3.41%), Vitamin D: 0.47µg (3.13%), Vitamin C: 2.55mg (3.09%), Vitamin B5: 0.27mg (2.72%), Vitamin K: 2.29µg (2.18%), Vitamin E: 0.28mg (1.88%)