



Chex® Barbecue Snack Mix

READY IN



30 min.

SERVINGS



15

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

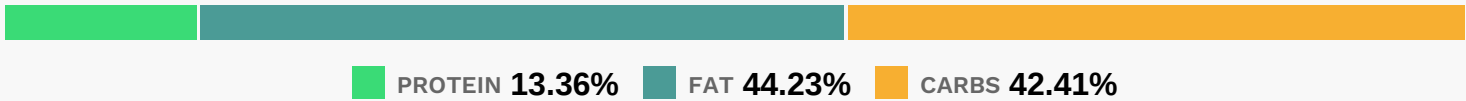
Equipment

- ☐ 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:-6, Nutrition Score:9.729999822119%

Nutrients (% of daily need)

Calories: 173.13kcal (8.66%), Fat: 8.77g (13.49%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 17.6g (6.4%), Sugar: 4.43g (4.92%), Cholesterol: 11.3mg (3.77%), Sodium: 344.83mg (14.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Folate: 99.59µg (24.9%), Manganese: 0.44mg (22.07%), Iron: 3.87mg (21.5%), Vitamin B3: 3.38mg (16.88%), Vitamin B2: 0.25mg (14.61%), Zinc: 2.13mg (14.2%), Calcium: 131.99mg (13.2%), Vitamin B1: 0.2mg (13.15%), Vitamin B12: 0.72µg (11.99%), Vitamin B6: 0.24mg (11.98%), Phosphorus: 104.28mg (10.43%), Vitamin A: 434.6IU (8.69%), Selenium: 5.91µg (8.44%), Magnesium: 21.25mg (5.31%), Fiber: 1.31g (5.23%), Copper: 0.09mg (4.49%), Potassium: 122.08mg (3.49%), Vitamin C: 2.57mg (3.12%), Vitamin D: 0.47µg (3.11%), Vitamin B5: 0.29mg (2.88%), Vitamin K: 2.29µg (2.18%), Vitamin E: 0.29mg (1.94%)