



Chex® Bridge Mix

READY IN



50 min.

SERVINGS



18

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups cornflakes
- 2 cups rice chex
- 2 cups wheat chex
- 2 cups graham cracker squares
- 1 cup roasted cashews salted
- 0.5 cup butter melted
- 4 teaspoons worcestershire sauce
- 0.5 teaspoon garlic powder

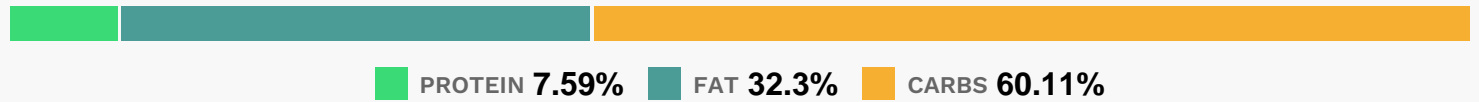
Equipment

- paper towels
- oven
- roasting pan

Directions

- Heat oven to 275°F. In ungreased shallow roasting pan, mix all ingredients until well coated.
- Bake uncovered 45 minutes, stirring once.
- Spread on paper towels to cool.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:14.17, Inflammation Score:-8, Nutrition Score:21.261739036311%

Nutrients (% of daily need)

Calories: 313.51kcal (15.68%), Fat: 11.9g (18.3%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 49.82g (16.61%), Net Carbohydrates: 45.17g (16.43%), Sugar: 9.9g (11%), Cholesterol: 13.56mg (4.52%), Sodium: 477.84mg (20.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Vitamin D: 22.59µg (150.59%), Folate: 274.73µg (68.68%), Iron: 11.57mg (64.28%), Zinc: 4.33mg (28.87%), Vitamin B3: 5.02mg (25.11%), Vitamin B1: 0.37mg (24.66%), Vitamin B2: 0.42mg (24.43%), Vitamin B6: 0.44mg (21.91%), Vitamin B12: 1.17µg (19.55%), Fiber: 4.65g (18.59%), Phosphorus: 184.55mg (18.46%), Magnesium: 60.14mg (15.04%), Vitamin A: 549.32IU (10.99%), Copper: 0.19mg (9.7%), Calcium: 94.37mg (9.44%), Manganese: 0.18mg (8.82%), Potassium: 208.65mg (5.96%), Vitamin C: 4.85mg (5.88%), Vitamin K: 3.13µg (2.98%), Selenium: 1.83µg (2.61%), Vitamin E: 0.23mg (1.55%), Vitamin B5: 0.15mg (1.51%)