



Chex®icago Party Mix

 Vegetarian

READY IN



15 min.

SERVINGS



30

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups cornflakes
- ☐ 3 cups wheat chex
- ☐ 2 cups corn flakes/bran flakes
- ☐ 2 cups graham cracker squares
- ☐ 3 cups popped popcorn
- ☐ 0.3 cup butter
- ☐ 0.3 cup brown sugar light
- ☐ 0.3 cup plus light

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon baking soda

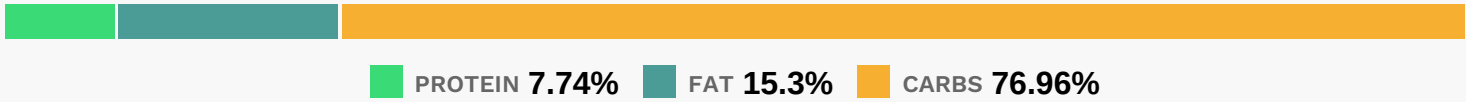
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Mix cereals, 1 cup of the cheese crackers and 2 cups of the popcorn in large, microwavable bowl. Set aside.
- ☐ Place butter, brown sugar, corn syrup and salt in 2-cup microwavable measuring cup. Microwave on High 1 minute 30 seconds. Stir; microwave on High until bubbling.
- ☐ Remove from microwave; stir in baking soda.
- ☐ Mixture will foam up, but keep mixing until baking soda is dissolved.
- ☐ Pour over the cereal mixture; stir until fully coated.
- ☐ Microwave on High 4 to 5 minutes, stirring after every minute.
- ☐ Spread on waxed paper-lined baking sheet.
- ☐ Let cool for about 5 minutes to let caramel fully harden. Stir in remaining 1 cup cheese crackers and 1 cup popcorn.

Nutrition Facts



Properties

Glycemic Index:9.39, Glycemic Load:10.71, Inflammation Score:-7, Nutrition Score:17.483478532537%

Nutrients (% of daily need)

Calories: 203.99kcal (10.2%), Fat: 3.74g (5.75%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 42.32g (14.11%), Net Carbohydrates: 38.02g (13.83%), Sugar: 12.2g (13.55%), Cholesterol: 4.07mg (1.36%), Sodium: 346.95mg (15.08%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.51%), Vitamin D: 20.32µg (135.45%), Folate: 236.81µg (59.2%), Iron: 9.51mg (52.83%), Zinc: 3.16mg (21.09%), Vitamin B3: 4.09mg (20.44%), Vitamin B1: 0.3mg (20.03%), Vitamin B2: 0.33mg (19.6%), Vitamin B6: 0.37mg (18.28%), Vitamin B12: 1.03µg (17.19%), Fiber: 4.3g (17.18%), Phosphorus: 126.67mg (12.67%), Magnesium: 38.51mg (9.63%), Vitamin A: 417.71IU (8.35%), Calcium: 67.17mg (6.72%), Manganese: 0.11mg (5.69%), Vitamin C: 3.61mg (4.37%), Potassium: 139.78mg (3.99%), Selenium: 1.71µg (2.44%), Copper: 0.03mg (1.38%)