



Chex®icago Party Mix

READY IN



15 min.

SERVINGS



30

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter
- ☐ 2 cups corn flakes/bran flakes
- ☐ 2 cups cheese
- ☐ 3 cups cheese
- ☐ 3 cups cornflakes
- ☐ 0.3 cup plus light
- ☐ 0.3 cup brown sugar light
- ☐ 0.5 teaspoon salt

☐ 3 cups wheat chex

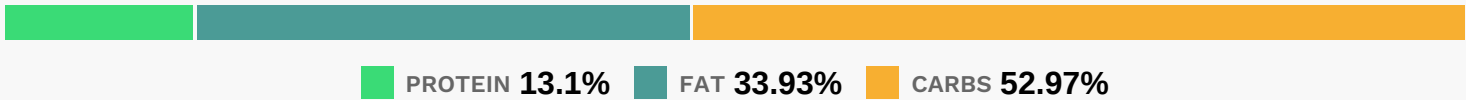
Equipment

- ☐ 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:6.51, Glycemic Load:1.88, Inflammation Score:-7, Nutrition Score:18.507391289524%

Nutrients (% of daily need)

Calories: 209.7kcal (10.48%), Fat: 8.51g (13.1%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 26.3g (9.56%), Sugar: 8.62g (9.58%), Cholesterol: 22.9mg (7.63%), Sodium: 366.09mg (15.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.79%), Vitamin D: 20.43µg (136.2%), Folate: 233.16µg

(58.29%), Iron: 8.85mg (49.18%), Zinc: 3.51mg (23.43%), Vitamin B2: 0.38mg (22.21%), Vitamin B12: 1.23µg (20.52%), Calcium: 187.79mg (18.78%), Vitamin B6: 0.36mg (18.06%), Vitamin B1: 0.27mg (17.92%), Phosphorus: 177.13mg (17.71%), Vitamin B3: 3.48mg (17.38%), Fiber: 3.6g (14.4%), Vitamin A: 604.27IU (12.09%), Selenium: 7.04µg (10.05%), Magnesium: 32.71mg (8.18%), Manganese: 0.1mg (5.17%), Vitamin C: 3.61mg (4.37%), Potassium: 122.74mg (3.51%), Vitamin E: 0.21mg (1.39%), Copper: 0.03mg (1.31%), Vitamin B5: 0.11mg (1.13%)