



Chili and Garlic Snack Mix

 Dairy Free

READY IN



50 min.

SERVINGS



14

CALORIES



234 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 cups cheerios cheerios®
- ☐ 0.5 teaspoon chili powder
- ☐ 3 cups corn chips (broken in half, if desired)
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup pretzel sticks thin
- ☐ 1 cup peanuts unsalted

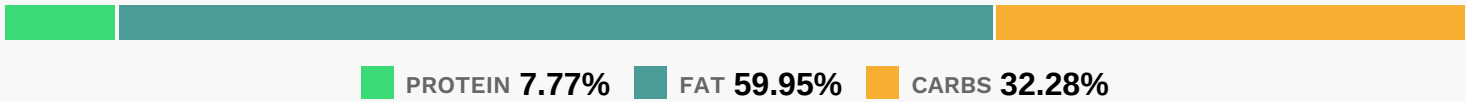
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 300°F. In large bowl, mix cereal, corn chips, peanuts and pretzels. In small bowl, mix remaining ingredients; pour over cereal mixture. Toss until evenly coated. In ungreased 15x10x1-inch pan, spread cereal mixture.
- ☐ Bake uncovered 15 minutes, stirring once. Cool completely, about 30 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:6.29, Glycemic Load:2.56, Inflammation Score:-5, Nutrition Score:7.3326086790665%

Nutrients (% of daily need)

Calories: 234.37kcal (11.72%), Fat: 16.26g (25.01%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 17.44g (6.34%), Sugar: 0.86g (0.96%), Cholesterol: 0mg (0%), Sodium: 221.72mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Manganese: 0.5mg (24.91%), Vitamin E: 2.11mg (14.07%), Vitamin B3: 2.69mg (13.44%), Folate: 51.12µg (12.78%), Iron: 1.89mg (10.52%), Phosphorus: 97.52mg (9.75%), Magnesium: 38.78mg (9.7%), Fiber: 2.26g (9.02%), Vitamin B6: 0.17mg (8.37%), Zinc: 1.18mg (7.89%), Vitamin A: 362.96IU (7.26%), Vitamin B1: 0.1mg (6.76%), Selenium: 3.74µg (5.34%), Vitamin B12: 0.31µg (5.17%), Calcium: 51.16mg (5.12%), Copper: 0.09mg (4.43%), Potassium: 135.62mg (3.87%), Vitamin B2: 0.06mg (3.29%), Vitamin B5: 0.32mg (3.2%), Vitamin K: 1.47µg (1.4%), Vitamin C: 1.06mg (1.28%), Vitamin D: 0.16µg (1.08%)