



Chili-Lime Chex® Mix

READY IN



15 min.

SERVINGS



22

CALORIES



146 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups cornflakes
- 1 cup nuts
- 1 cup round buttery crackers
- 1 cup pretzel twists mini
- 1 cup corn chips
- 6 tablespoons butter
- 1 tablespoon juice of lime
- 1 teaspoon lime zest
- 2 teaspoons chili powder

- 0.5 teaspoon garlic powder
- 0.5 teaspoon onion powder
- 0.1 teaspoon ground pepper

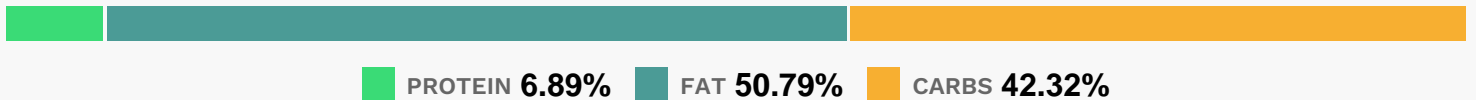
Equipment

- bowl
- paper towels
- microwave

Directions

- In large microwavable bowl, mix cereal, corn nuts, crackers, pretzels and corn chips. Set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in lime juice, lime zest and seasonings.
- Pour over cereal mixture, stirring until evenly coated.
- Microwave uncovered on High 5 to 6 minutes, stirring thoroughly every 2 minutes.
- Spread on paper towels to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:1.56, Inflammation Score:-4, Nutrition Score:6.3530435147493%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 146.13kcal (7.31%), Fat: 8.56g (13.17%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 14.75g (5.36%), Sugar: 1.28g (1.42%), Cholesterol: 8.21mg (2.74%), Sodium: 171.21mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Iron: 3.48mg (19.35%), Vitamin B3: 2.42mg (12.12%), Vitamin B1: 0.17mg (11.54%), Folate: 45.72µg (11.43%), Vitamin B2: 0.19mg (11.06%), Vitamin B6: 0.22mg (10.87%), Manganese: 0.2mg (9.94%), Vitamin B12: 0.52µg (8.59%), Vitamin A: 337.27IU (6.75%), Phosphorus:

58.57mg (5.86%), Copper: 0.12mg (5.85%), Magnesium: 23.18mg (5.8%), Fiber: 1.3g (5.19%), Vitamin E: 0.57mg (3.8%), Zinc: 0.45mg (3.03%), Vitamin C: 2.46mg (2.98%), Vitamin D: 0.37µg (2.44%), Potassium: 76.34mg (2.18%), Selenium: 1.46µg (2.09%), Vitamin K: 2.15µg (2.04%), Calcium: 17.22mg (1.72%), Vitamin B5: 0.15mg (1.49%)