



Chili Lime Snack Mix

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



119 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter melted
- 1 tsp pepper red crushed
- 0.5 tsp ground cumin
- 0.5 cup planters flavor grove almonds chili lime skinless flavored (Naturally)
- 1 tsp paprika
- 2 cups pretzel nuggets
- 1.5 cups planters roasted peanuts dry
- 0.5 cup sesame sticks

1 tsp sugar

Equipment

baking sheet

oven

Directions

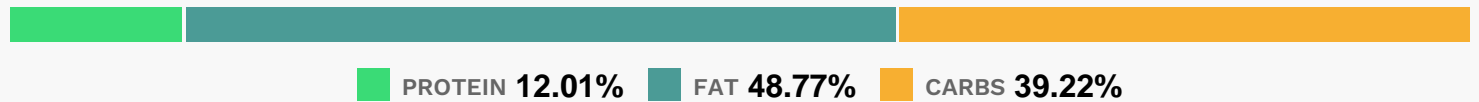
Heat oven to 325F.

Combine ingredients.

Spread onto rimmed baking sheet.

Bake 18 to 20 min. or until lightly toasted, stirring after 10 min. Cool.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:5.9604347609793%

Nutrients (% of daily need)

Calories: 119.17kcal (5.96%), Fat: 6.86g (10.56%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 9.85g (3.58%), Sugar: 1.99g (2.21%), Cholesterol: 3.11mg (1.04%), Sodium: 255.34mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Vitamin A: 1261.7IU (25.23%), Manganese: 0.29mg (14.41%), Vitamin E: 1.95mg (13%), Fiber: 2.57g (10.26%), Copper: 0.18mg (8.75%), Vitamin B3: 1.67mg (8.34%), Magnesium: 28.38mg (7.09%), Vitamin B6: 0.14mg (7.02%), Iron: 1.21mg (6.75%), Phosphorus: 55.61mg (5.56%), Calcium: 46.96mg (4.7%), Vitamin K: 4.37µg (4.16%), Potassium: 140.02mg (4%), Zinc: 0.58mg (3.86%), Vitamin B2: 0.06mg (3.53%), Selenium: 2.39µg (3.42%), Vitamin B1: 0.04mg (2.78%), Folate: 10.89µg (2.72%), Vitamin B5: 0.14mg (1.44%)