



## Citrus Deville Chex Mix

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



91 kcal

SIDE DISH

### Ingredients

- 7 oz asian rice cracker snack mix dark chex mix®
- 1 cup pretzel twists
- 0.5 cup fruit cocktail
- 2 tablespoons orange zest grated

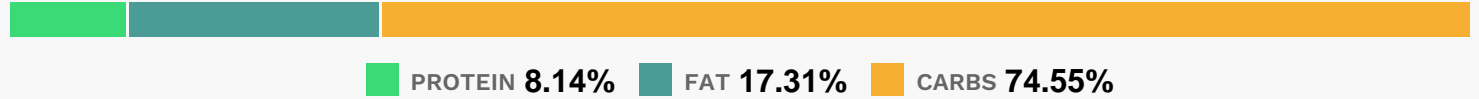
### Equipment

- bowl

## Directions

- In medium bowl, mix snack mix, pretzels and peanuts. Just before serving, add orange peel; toss to evenly distribute.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:3.04, Inflammation Score:-1, Nutrition Score:2.8473913358605%

## Nutrients (% of daily need)

Calories: 91.1kcal (4.55%), Fat: 1.77g (2.72%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 15.84g (5.76%), Sugar: 2.7g (3%), Cholesterol: 0.66mg (0.22%), Sodium: 159.65mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Manganese: 0.18mg (9.21%), Folate: 26.69µg (6.67%), Vitamin B3: 1.07mg (5.34%), Iron: 0.93mg (5.15%), Fiber: 1.29g (5.15%), Vitamin B1: 0.08mg (5.13%), Vitamin B2: 0.07mg (3.93%), Phosphorus: 33.97mg (3.4%), Vitamin K: 2.79µg (2.66%), Magnesium: 10.19mg (2.55%), Zinc: 0.32mg (2.16%), Copper: 0.04mg (2.06%), Vitamin B6: 0.04mg (2.06%), Vitamin C: 1.64mg (1.99%), Selenium: 1.37µg (1.96%), Vitamin E: 0.23mg (1.54%), Potassium: 53.55mg (1.53%), Calcium: 11.44mg (1.14%)