



Classic Snack Mix Makeover

READY IN



13 min.

SERVINGS



14

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp butter melted
- 0.5 cup planters cocktail peanuts
- 2 cups popped popcorn
- 1 cup pretzels
- 0.5 tsp lawry's seasoned salt
- 3 cups bite-size wheat cereal shredded
- 1 Tbsp lea & perrins worcestershire sauce

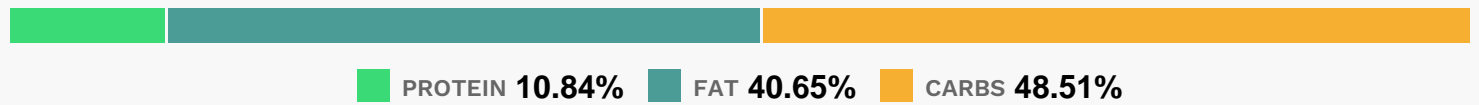
Equipment

- bowl
- microwave

Directions

- Toss cereal with popcorn, pretzels and peanuts in large microwaveable bowl.
- Mix butter, Worcestershire sauce and seasoned salt until well blended.
- Drizzle evenly over cereal mixture; toss to coat.
- Microwave on HIGH 2 to 3 min. or until cereal is crisp, stirring after 2 min.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:4.36, Inflammation Score:-2, Nutrition Score:4.4217391338037%

Nutrients (% of daily need)

Calories: 114.44kcal (5.72%), Fat: 5.52g (8.49%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 12.68g (4.61%), Sugar: 0.36g (0.4%), Cholesterol: 6.54mg (2.18%), Sodium: 191.14mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.46mg (23.12%), Vitamin B3: 1.71mg (8.53%), Fiber: 2.13g (8.5%), Phosphorus: 71.89mg (7.19%), Vitamin B6: 0.14mg (7.06%), Folate: 27.86µg (6.97%), Magnesium: 27.34mg (6.83%), Vitamin B1: 0.09mg (5.85%), Copper: 0.1mg (4.95%), Iron: 0.88mg (4.88%), Zinc: 0.53mg (3.51%), Potassium: 105.04mg (3%), Vitamin B2: 0.04mg (2.52%), Vitamin A: 80.08IU (1.6%), Vitamin C: 1.3mg (1.57%), Vitamin B5: 0.15mg (1.54%), Calcium: 14.3mg (1.43%), Selenium: 0.95µg (1.35%)