



Cornucopia Chex Mix

READY IN



15 min.

SERVINGS



20

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 cups cornflakes
- ☐ 3 cups dave's vanilla and coffee syrup bugles®
- ☐ 2 cups popped popcorn
- ☐ 1 cup corn kernels toasted
- ☐ 0.3 cup butter
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper black red

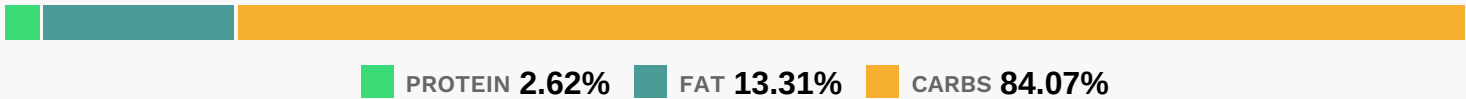
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ In large microwavable bowl, mix cereal, snacks, popcorn and corn kernel nuts.
- ☐ In small microwavable bowl, microwave butter uncovered on High about 30 seconds or until melted.
- ☐ Pour over cereal mixture; stir until evenly coated. Stir in cheese and pepper blend until evenly coated.
- ☐ Microwave uncovered on High 4 minutes, stirring every minute.
- ☐ Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:32.59, Inflammation Score:-2, Nutrition Score:3.4221739561661%

Nutrients (% of daily need)

Calories: 189.11kcal (9.46%), Fat: 2.83g (4.36%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 39.65g (14.42%), Sugar: 23.39g (25.98%), Cholesterol: 7.19mg (2.4%), Sodium: 121.02mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.51%), Iron: 2.12mg (11.75%), Vitamin B2: 0.12mg (7.34%), Folate: 28.53µg (7.13%), Vitamin B3: 1.36mg (6.82%), Vitamin B6: 0.13mg (6.57%), Vitamin B1: 0.1mg (6.57%), Vitamin B12: 0.37µg (6.19%), Vitamin A: 212.86IU (4.26%), Phosphorus: 25.45mg (2.55%), Fiber: 0.57g (2.27%), Manganese: 0.04mg (2.04%), Selenium: 1.39µg (1.98%), Magnesium: 7.88mg (1.97%), Vitamin C: 1.6mg (1.94%), Vitamin D: 0.26µg (1.72%), Zinc: 0.25mg (1.67%), Copper: 0.03mg (1.65%), Calcium: 15.51mg (1.55%), Potassium: 43.29mg (1.24%)