



HEALTH SCORE

72%

Creole Kick Chex Mix



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



24

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 cups corn chex corn chex®
- ☐ 2 cups rice chex rice chex®
- ☐ 2 cups wheat chex wheat chex®
- ☐ 2 tablespoons creole seasoning
- ☐ 2 cups nuts mixed
- ☐ 1 teaspoon hot sauce red
- ☐ 2 cups pretzel twists

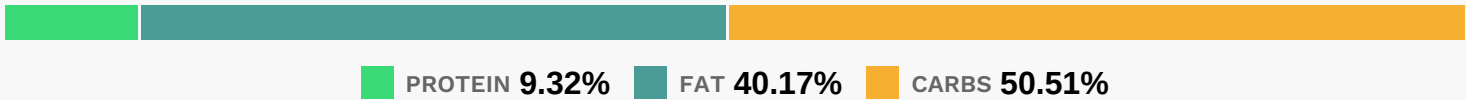
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, mix cereals, pretzels and nuts.
- ☐ In 2-cup microwavable measuring cup, microwave butter uncovered on High about 40 seconds or until melted. Stir in Creole seasoning and pepper sauce.
- ☐ Pour over cereal mixture; stir until evenly coated.
- ☐ Microwave uncovered on High 6 minutes, stirring every 2 minutes.
- ☐ Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:2.88, Inflammation Score:-7, Nutrition Score:17.719130549742%

Nutrients (% of daily need)

Calories: 194kcal (9.7%), Fat: 9.41g (14.48%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 22.63g (8.23%), Sugar: 2.69g (2.98%), Cholesterol: 0mg (0%), Sodium: 229.65mg (9.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.83%), Vitamin D: 16.94µg (112.93%), Folate: 214.02µg (53.5%), Iron: 8.1mg (45.02%), Zinc: 3.33mg (22.2%), Vitamin B3: 3.72mg (18.59%), Manganese: 0.36mg (18.15%), Vitamin B1: 0.26mg (17.36%), Vitamin B2: 0.29mg (17.12%), Vitamin B6: 0.34mg (17.09%), Fiber: 4g (15.99%), Vitamin B12: 0.88µg (14.7%), Phosphorus: 128.27mg (12.83%), Vitamin A: 622.9IU (12.46%), Magnesium: 46.88mg (11.72%), Copper: 0.17mg (8.51%), Calcium: 69.54mg (6.95%), Vitamin C: 4.09mg (4.96%), Potassium: 170.12mg (4.86%), Vitamin B5: 0.2mg (2.05%), Vitamin E: 0.25mg (1.69%), Selenium: 0.94µg (1.35%)