



Crisp and Spicy Munching Mix



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



308 kcal

Ingredients

- ☐ 6 cups popped popcorn
- ☐ 2 cups pretzels miniature
- ☐ 2 cups roasted-garlic bagel chips
- ☐ 1 teaspoon chili powder
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 stick pam original flavor shopping list

Equipment

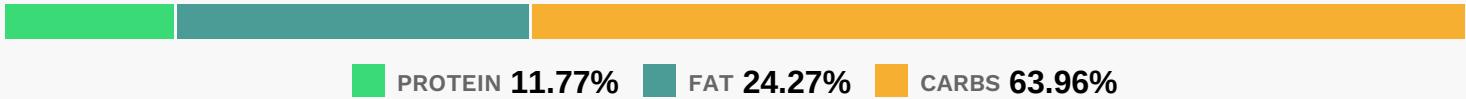
- ☐ bowl

☐ baking pan

Directions

- ☐ Spread popcorn, pretzels and bagel chips in ungreased 15x10x1-inch baking pan. In small bowl, combine chili powder, garlic powder and ground red pepper.
- ☐ Spray popcorn mixture for 7 to 8 seconds with cooking spray. Immediately sprinkle with seasoning mixture.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:13.01, Inflammation Score:-2, Nutrition Score:3.6617391731428%

Nutrients (% of daily need)

Calories: 308.35kcal (15.42%), Fat: 8.48g (13.05%), Saturated Fat: 0.96g (6%), Carbohydrates: 50.3g (16.77%), Net Carbohydrates: 47.03g (17.1%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 726.19mg (31.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.51%), Iron: 2.81mg (15.6%), Fiber: 3.27g (13.09%), Manganese: 0.23mg (11.37%), Folate: 31.12µg (7.78%), Vitamin B3: 1.02mg (5.11%), Vitamin B1: 0.08mg (5.04%), Phosphorus: 45.09mg (4.51%), Magnesium: 14.54mg (3.63%), Vitamin B2: 0.06mg (3.58%), Zinc: 0.38mg (2.54%), Copper: 0.04mg (2.24%), Potassium: 62.69mg (1.79%), Vitamin A: 82.64IU (1.65%), Vitamin B6: 0.03mg (1.41%), Vitamin E: 0.18mg (1.19%), Selenium: 0.76µg (1.09%)