



WHATSHATE



Crisp and Spicy Snack Mix



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

Ingredients

- ☐ 1.5 tablespoons butter melted
- ☐ 0.5 cup cheddar crackers reduced-fat (such as Cheez-It)
- ☐ 1 teaspoon chili powder
- ☐ 2 cups crisscross of corn and rice cereal (such as Crispix)
- ☐ 1 tablespoon ginger stir-fry sauce (such as Lawry's)
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup tiny pretzel twists
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup wheat crackers reduced-fat (such as Wheat Thins)

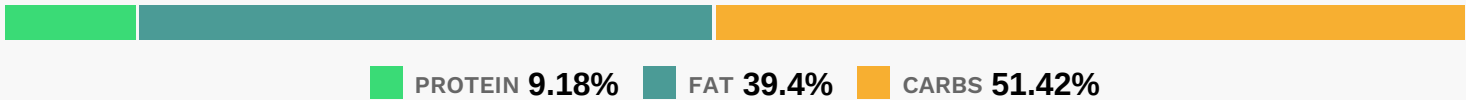
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 25
- ☐ Combine the first 4 ingredients in a bowl.
- ☐ Combine butter, stir-fry sauce, powder, cumin, and salt; drizzle over cereal mixture, tossing to coat.
- ☐ Spread mixture into a jelly roll pan coated with cooking spray.
- ☐ Bake at 250 for 30 minutes or until crisp, stirring twice.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:3.47, Inflammation Score:-3, Nutrition Score:4.8334782926933%

Nutrients (% of daily need)

Calories: 161.32kcal (8.07%), Fat: 7.18g (11.04%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 19.58g (7.12%), Sugar: 2.72g (3.03%), Cholesterol: 12.71mg (4.24%), Sodium: 365.52mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Iron: 2.84mg (15.77%), Vitamin B2: 0.16mg (9.38%), Folate: 36.36µg (9.09%), Vitamin B1: 0.12mg (8.06%), Vitamin B3: 1.58mg (7.92%), Vitamin B12: 0.43µg (7.16%), Vitamin B6: 0.14mg (7.1%), Vitamin A: 338.68IU (6.77%), Calcium: 64.56mg (6.46%), Fiber: 1.49g (5.95%), Phosphorus: 49.21mg (4.92%), Selenium: 2.91µg (4.16%), Manganese: 0.08mg (3.84%), Zinc: 0.41mg (2.75%), Vitamin C: 1.65mg (2%), Magnesium: 7.9mg (1.97%), Vitamin D: 0.29µg (1.96%), Vitamin E: 0.25mg (1.69%), Copper: 0.03mg (1.56%), Potassium: 42.67mg (1.22%)