

## Crunchy Italian Mix

READY IN



55 min.

SERVINGS



14

CALORIES



254 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter cubed
- 2 cups cheerios
- 0.5 teaspoon garlic powder
- 1 teaspoon seasoning italian
- 10 ounces nuts mixed canned
- 0.3 cup parmesan cheese grated
- 2.5 cups pretzels miniature
- 3 teaspoons worcestershire sauce

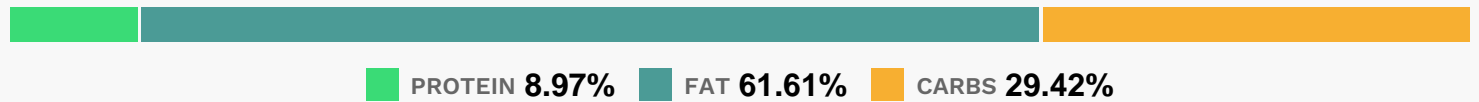
## Equipment

- bowl
- oven
- baking pan
- microwave

## Directions

- In a microwave-safe bowl, combine the butter, Worcestershire sauce, Italian seasoning and garlic powder. Cover and microwave until butter is melted; stir to combine.
- In a large bowl, combine the cereals, pretzels, nuts and Parmesan cheese.
- Drizzle with butter mixture and mix well.
- Place in an ungreased 15-in. x 10-in. x 1-in. baking pan.
- Bake, uncovered, at 250° for 45 minutes, stirring every 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:12.33, Glycemic Load:10.12, Inflammation Score:-5, Nutrition Score:8.2039131859074%

## Nutrients (% of daily need)

Calories: 253.67kcal (12.68%), Fat: 18.12g (27.87%), Saturated Fat: 5.95g (37.17%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 16.78g (6.1%), Sugar: 0.59g (0.66%), Cholesterol: 18.98mg (6.33%), Sodium: 294.68mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Manganese: 0.64mg (32.08%), Copper: 0.3mg (14.88%), Folate: 58.24µg (14.56%), Magnesium: 54.55mg (13.64%), Iron: 2.41mg (13.37%), Phosphorus: 131.78mg (13.18%), Vitamin B3: 2.26mg (11.31%), Fiber: 2.68g (10.73%), Vitamin B1: 0.14mg (9.51%), Zinc: 1.41mg (9.43%), Vitamin A: 323.5IU (6.47%), Vitamin B6: 0.13mg (6.46%), Vitamin B2: 0.1mg (6.02%), Potassium: 190.33mg (5.44%), Calcium: 50.22mg (5.02%), Vitamin B12: 0.24µg (4.02%), Vitamin B5: 0.34mg (3.41%), Selenium: 2.12µg (3.03%), Vitamin E: 0.3mg (2.03%), Vitamin K: 1.96µg (1.87%), Vitamin C: 1.19mg (1.45%)