



Crunchy-Munchy Mix

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



1266 kcal

Ingredients

- ☐ 6 oz bite-size bagel chips
- ☐ 0.3 cup butter melted
- ☐ 16 oz dry-roasted peanuts
- ☐ 6 oz fried onions canned
- ☐ 7 oz potato sticks canned
- ☐ 10 oz pretzel pieces
- ☐ 1.3 oz taco seasoning

Equipment

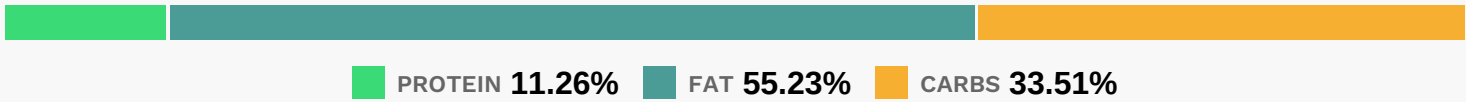
- ☐ paper towels

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Combine first 5 ingredients in a large roasting pan.
- ☐ Drizzle with butter, gently stirring to coat. Stir in taco seasoning.
- ☐ Bake at 250 for 30 minutes, stirring occasionally. Cool on paper towels. Store in an airtight container.
- ☐ *1 (7-oz.) can potato sticks may be substituted.
- ☐ **1 (6-oz.) can fried onions may be substituted.
- ☐ ***Butter-flavored cooking spray may be substituted.

Nutrition Facts



Properties

Glycemic Index:33.35, Glycemic Load:41.31, Inflammation Score:-9, Nutrition Score:28.889565094658%

Flavonoids

Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 1266.24kcal (63.31%), Fat: 80.37g (123.64%), Saturated Fat: 17.29g (108.09%), Carbohydrates: 109.73g (36.58%), Net Carbohydrates: 96.31g (35.02%), Sugar: 5.32g (5.91%), Cholesterol: 0mg (0%), Sodium: 2472.8mg (107.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.88g (73.75%), Manganese: 2.73mg (136.31%), Vitamin B3: 16.96mg (84.78%), Folate: 223.43µg (55.86%), Fiber: 13.42g (53.69%), Phosphorus: 449.76mg (44.98%), Magnesium: 178.43mg (44.61%), Iron: 6.76mg (37.58%), Vitamin B1: 0.56mg (37.42%), Copper: 0.73mg (36.55%), Potassium: 1003.86mg (28.68%), Vitamin A: 1206.98IU (24.14%), Vitamin B6: 0.39mg (19.63%), Zinc: 2.52mg (16.79%), Vitamin B2: 0.28mg (16.69%), Vitamin B5: 1.58mg (15.85%), Vitamin C: 12.23mg (14.82%), Selenium: 9.42µg (13.45%), Calcium: 115.33mg (11.53%), Vitamin E: 0.74mg (4.93%), Vitamin K: 2.34µg (2.23%)