



Dark and Salty Chex Mix

 Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 8 oz asian rice cracker snack mix chex mix®
- ☐ 0.5 cup candied pecans
- ☐ 0.5 cup chocolate chips dark
- ☐ 0.5 cup bacon crumbled cooked

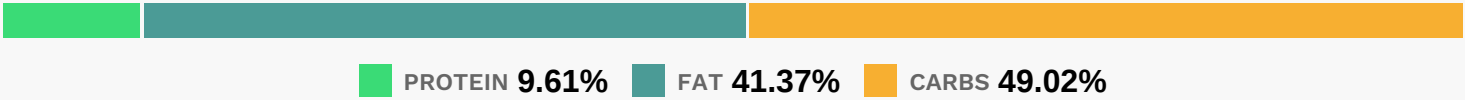
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix snack mix, pecans and chocolate chips. Just before serving, stir in bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.8143478112052%

Nutrients (% of daily need)

Calories: 168.44kcal (8.42%), Fat: 7.73g (11.89%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 19.06g (6.93%), Sugar: 5.61g (6.24%), Cholesterol: 5.49mg (1.83%), Sodium: 237.01mg (10.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.09%), Manganese: 0.17mg (8.36%), Vitamin B3: 1.52mg (7.62%), Vitamin B1: 0.1mg (6.74%), Fiber: 1.55g (6.19%), Folate: 24.07µg (6.02%), Phosphorus: 59.85mg (5.98%), Selenium: 4.1µg (5.86%), Iron: 1.03mg (5.73%), Vitamin B2: 0.08mg (4.94%), Zinc: 0.72mg (4.83%), Calcium: 35.96mg (3.6%), Vitamin B6: 0.07mg (3.56%), Magnesium: 13.8mg (3.45%), Vitamin K: 3.36µg (3.2%), Potassium: 110.47mg (3.16%), Copper: 0.05mg (2.51%), Vitamin E: 0.32mg (2.15%), Vitamin B5: 0.2mg (1.97%), Vitamin B12: 0.1µg (1.61%)