



HEALTH SCORE

71%

Devilish Snack Mix



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



16

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 1 teaspoon chipotle sauce
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon garlic salt
- ☐ 2 cups rice chex
- ☐ 2 cups wheat chex
- ☐ 1 cup pretzel twists
- ☐ 1 cup cashew pieces whole

- ☐ 1 cup roasted peanuts
- ☐ 6 oz almonds whole canned

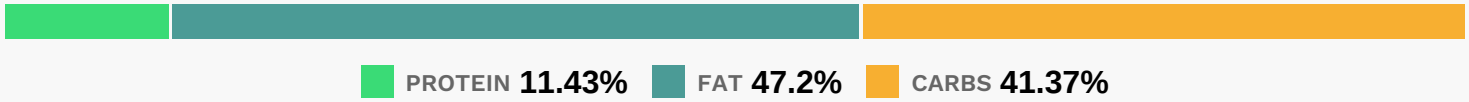
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ microwave

Directions

- ☐ In large microwavable bowl, microwave butter on High 45 to 60 seconds or until melted. Stir in chile pepper powder, cumin and garlic salt.
- ☐ Add cereal, pretzels, cashews and peanuts; mix well until cereal and nuts are completely coated.
- ☐ Microwave uncovered on High 3 minutes, stirring once. Stir in almonds.
- ☐ Spread on ungreased cookie sheet to cool. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:2.34, Inflammation Score:-8, Nutrition Score:25.68434790943%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 321.5kcal (16.07%), Fat: 18.34g (28.21%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 29.73g (10.81%), Sugar: 4.54g (5.04%), Cholesterol: 0mg (0%), Sodium: 356.93mg (15.52%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.99%), Vitamin D: 25.29µg (168.57%), Folate: 299.75µg (74.94%), Iron: 11.49mg (63.83%), Manganese: 0.74mg (36.95%), Zinc: 4.78mg (31.89%), Vitamin B3: 5.75mg (28.74%), Vitamin B2: 0.47mg (27.41%), Fiber: 6.43g (25.73%), Vitamin B1: 0.38mg (25.32%), Phosphorus: 238.54mg (23.85%), Magnesium: 94.91mg (23.73%), Vitamin B6: 0.45mg (22.56%), Vitamin E: 2.98mg (19.89%), Vitamin B12: 1.14µg (18.96%), Copper: 0.36mg (18.01%), Calcium: 118.99mg (11.9%), Vitamin A: 565.71IU (11.31%), Potassium: 324.51mg (9.27%), Vitamin C: 4.63mg (5.62%), Selenium: 3.51µg (5.01%), Vitamin B5: 0.31mg (3.1%), Vitamin K: 2.86µg (2.72%)