



Easy Party Snack Mix



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



20

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds salted
- ☐ 0.5 tablespoon butter
- ☐ 2 cups garlic rye chips
- ☐ 8.5 oz sesame sticks
- ☐ 9.9 oz wasabi peas canned

Equipment

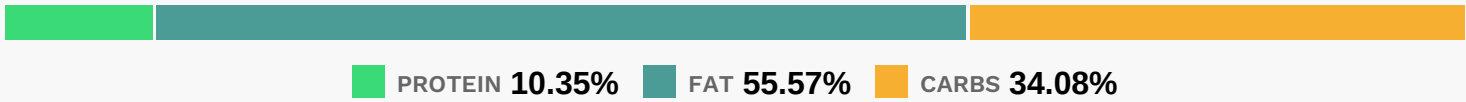
- ☐ bowl
- ☐ oven

☐ cake form

Directions

- ☐ Preheat oven to 35
- ☐ Melt butter in a 9-inch cake pan in a 350 oven.
- ☐ Add nuts, tossing to coat.
- ☐ Bake 7 minutes or until lightly toasted; remove from oven.
- ☐ Toss together nuts, wasabi peas, garlic rye chips, and sesame sticks in a large bowl. Store in an airtight container up to 1 week.
- ☐ Note: For testing purposes only, we used Hapi Snacks Wasabi Peas, Gardetto's Special Request Roasted Garlic Rye Chips, and Pepperidge Farm
- ☐ Baked Naturals Toasted Sesame Snack Sticks.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:4.46, Inflammation Score:-3, Nutrition Score:9.4978261867781%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 230.59kcal (11.53%), Fat: 14.78g (22.73%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 17.01g (6.19%), Sugar: 1.28g (1.43%), Cholesterol: 0.75mg (0.25%), Sodium: 231.84mg (10.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Iron: 6.04mg (33.58%), Copper: 0.57mg (28.65%), Manganese: 0.51mg (25.67%), Magnesium: 65.86mg (16.47%), Calcium: 138.92mg (13.89%), Fiber: 3.38g (13.52%), Phosphorus: 128.48mg (12.85%), Vitamin E: 1.87mg (12.46%), Vitamin B1: 0.13mg (8.5%), Zinc: 1.24mg (8.23%), Vitamin B6: 0.15mg (7.38%), Vitamin B2: 0.12mg (6.98%), Vitamin B3: 1.33mg (6.67%), Selenium: 4.56µg

(6.51%), Potassium: 210.61mg (6.02%), Folate: 20.05µg (5.01%), Vitamin C: 3.43mg (4.15%), Vitamin B5: 0.17mg (1.68%)