



Family Favorite Party Mix

READY IN



45 min.

SERVINGS



7

CALORIES



551 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup candy-coated chocolates
- ☐ 1 cup bite-size corn cereal squares crispy
- ☐ 1 teaspoon garlic salt
- ☐ 1 cup peanuts
- ☐ 1 cup pretzel sticks
- ☐ 1 cup raisins
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1 cup bite-size wheat cereal squares crispy

☐ 2 tablespoons worcestershire sauce

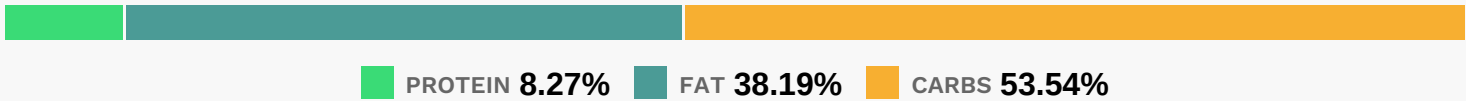
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ slow cooker

Directions

- ☐ Combine cereals, nuts and pretzels in a slow cooker.
- ☐ Mix together butter, sauce and salts; gently stir into cereal mixture. Cover and cook on low setting for 3 to 4 hours.
- ☐ Uncover and cook on low setting for an additional 30 minutes; stir occasionally.
- ☐ Drain on paper towel-lined baking sheets; transfer to a large bowl.
- ☐ Cool.
- ☐ Add chocolates and raisins; toss to mix. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:14.03, Inflammation Score:-8, Nutrition Score:27.806956625503%

Nutrients (% of daily need)

Calories: 551.29kcal (27.56%), Fat: 24.94g (38.37%), Saturated Fat: 10.13g (63.33%), Carbohydrates: 78.65g (26.22%), Net Carbohydrates: 69.75g (25.36%), Sugar: 23.22g (25.8%), Cholesterol: 21.89mg (7.3%), Sodium: 1132.81mg (49.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.32%), Vitamin D: 28.9µg (192.66%), Folate: 367.71µg (91.93%), Iron: 13.86mg (77%), Vitamin B3: 8.32mg (41.61%), Fiber: 8.91g (35.64%), Vitamin B1: 0.52mg (35%), Manganese: 0.69mg (34.45%), Zinc: 4.4mg (29.31%), Vitamin B2: 0.47mg (27.52%), Vitamin B6: 0.55mg (27.44%), Phosphorus: 223.49mg (22.35%), Vitamin B12: 1.29µg (21.54%), Magnesium: 78.87mg (19.72%), Potassium: 513.82mg (14.68%), Calcium: 144.18mg (14.42%), Vitamin A: 703.88IU (14.08%), Copper: 0.28mg (14.04%), Vitamin C: 7.25mg (8.79%), Vitamin B5: 0.42mg (4.23%), Selenium: 2.42µg (3.45%), Vitamin E: 0.23mg (1.56%)