



Gluten-Free Chili and Garlic Chex® Mix

READY IN



35 min.

SERVINGS



32

CALORIES



63 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups rice chex gluten free ()
- ☐ 3 oz butter-flavored microwave popcorn fat-free
- ☐ 0.3 cup roasted peanuts
- ☐ 3 tablespoons vegetable oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 teaspoons chili powder
- ☐ 2 teaspoons garlic powder

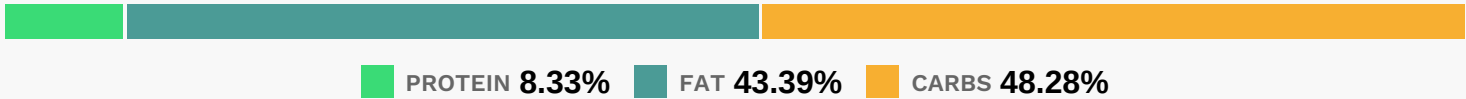
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 300°F. In very large bowl, mix cereal, popcorn and peanuts.
- ☐ Drizzle with oil; toss until evenly coated.
- ☐ In small bowl, mix remaining ingredients; sprinkle over cereal mixture. Toss until evenly coated.
- ☐ Spread cereal mixture in ungreased large roasting pan.
- ☐ Bake uncovered 15 minutes, stirring once.
- ☐ Spread on waxed paper to cool, about 10 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:4.8426087317259%

Nutrients (% of daily need)

Calories: 62.85kcal (3.14%), Fat: 3.1g (4.77%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.19g (2.62%), Sugar: 0.56g (0.62%), Cholesterol: 0.91mg (0.3%), Sodium: 100.22mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Manganese: 0.29mg (14.67%), Iron: 2.36mg (13.13%), Folate: 52.04µg (13.01%), Vitamin B3: 1.48mg (7.38%), Zinc: 1.08mg (7.18%), Vitamin B6: 0.14mg (7.11%), Vitamin B2: 0.12mg (6.8%), Vitamin B1: 0.1mg (6.66%), Vitamin B12: 0.39µg (6.52%), Calcium: 36.5mg (3.65%), Vitamin A: 175.76IU (3.52%), Selenium: 2.03µg (2.9%), Phosphorus: 29.02mg (2.9%), Vitamin K: 2.67µg (2.55%), Fiber: 0.57g (2.26%), Magnesium: 7.43mg (1.86%), Vitamin C: 1.5mg (1.82%), Vitamin E: 0.26mg (1.72%), Vitamin D: 0.25µg (1.7%), Copper: 0.03mg (1.65%), Vitamin B5: 0.13mg (1.26%), Potassium: 39.59mg (1.13%)