



Gluten Free Chili and Garlic Snack Mix

READY IN



35 min.

SERVINGS



32

CALORIES



49 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups cereal corn chex® rice chex®
- 2 teaspoons chili powder
- 0.3 cup dry-roasted peanuts
- 2 teaspoons garlic powder
- 0.3 cup parmesan cheese grated
- 3 tablespoons vegetable oil

Equipment

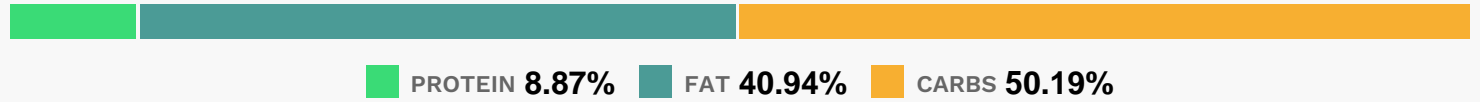
- bowl

- oven
- roasting pan

Directions

- Heat oven to 300 degrees 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:0.16, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:4.5521739332572%

Nutrients (% of daily need)

Calories: 48.55kcal (2.43%), Fat: 2.27g (3.5%), Saturated Fat: 0.48g (3%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 5.97g (2.17%), Sugar: 0.55g (0.62%), Cholesterol: 0.91mg (0.3%), Sodium: 79.94mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Manganese: 0.27mg (13.67%), Folate: 51.64µg (12.91%), Iron: 2.31mg (12.84%), Vitamin B3: 1.44mg (7.18%), Zinc: 1.02mg (6.78%), Vitamin B6: 0.13mg (6.72%), Vitamin B2: 0.11mg (6.71%), Vitamin B1: 0.1mg (6.59%), Vitamin B12: 0.39µg (6.52%), Calcium: 35.88mg (3.59%), Vitamin A: 171.08IU (3.42%), Selenium: 1.84µg (2.63%), Vitamin K: 2.56µg (2.44%), Phosphorus: 22.16mg (2.22%), Vitamin C: 1.5mg (1.82%), Vitamin D: 0.25µg (1.7%), Copper: 0.03mg (1.39%), Vitamin E: 0.18mg (1.21%), Vitamin B5: 0.12mg (1.21%), Fiber: 0.3g (1.19%), Magnesium: 4.64mg (1.16%)