



Gluten-Free Italian Chex® Mix

READY IN



50 min.

SERVINGS



32

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 3 tablespoons canola oil
- ☐ 8 cups rice chex gluten free ()
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons seasoning italian
- ☐ 3 oz butter-flavored microwave popcorn fat-free
- ☐ 0.3 cup parmesan cheese shredded grated
- ☐ 0.5 cup soy nuts salted (roasted soybeans)

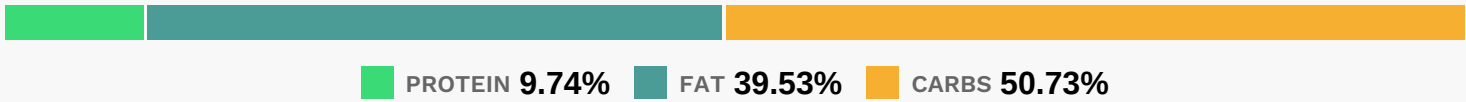
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 300F. In large bowl, mix cereal and soy nuts.
- ☐ In small bowl, mix oil, vinegar, garlic powder and Italian seasoning.
- ☐ Pour over cereal mixture, stirring to coat. Stir in popcorn until well mixed.
- ☐ Spread in ungreased large roasting pan.
- ☐ Bake uncovered 15 minutes. Stir in cheese until well mixed.
- ☐ Bake 10 to 15 minutes longer or until mixture is toasted.
- ☐ Spread on waxed paper to cool, about 10 minutes. (Cereal will crisp as it cools.) Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.9, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:4.9991304459779%

Nutrients (% of daily need)

Calories: 64.42kcal (3.22%), Fat: 2.88g (4.43%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 7.72g (2.81%), Sugar: 0.78g (0.87%), Cholesterol: 0.91mg (0.3%), Sodium: 93.63mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Manganese: 0.3mg (15.22%), Iron: 2.43mg (13.5%), Folate: 53.84µg (13.46%), Zinc: 1.12mg (7.48%), Vitamin B2: 0.13mg (7.36%), Vitamin B6: 0.14mg (7.06%), Vitamin B1: 0.1mg (6.83%), Vitamin B3: 1.31mg (6.56%), Vitamin B12: 0.39µg (6.52%), Calcium: 39.38mg (3.94%), Phosphorus: 34.13mg (3.41%), Selenium: 2.21µg (3.15%), Vitamin A: 140.82IU (2.82%), Vitamin E: 0.36mg (2.39%), Fiber: 0.59g (2.36%), Vitamin K: 2.45µg (2.33%), Magnesium: 9.16mg (2.29%), Copper: 0.04mg (2.06%), Vitamin C: 1.57mg (1.9%), Vitamin D: 0.25µg (1.7%), Potassium: 51.37mg (1.47%), Vitamin B5: 0.12mg (1.17%)