



Gluten-Free Italian Chex® Mix

READY IN



50 min.

SERVINGS



32

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 3 tablespoons canola oil
- ☐ 8 cups corn flakes/bran flakes gluten free rice chex® ()
- ☐ 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)

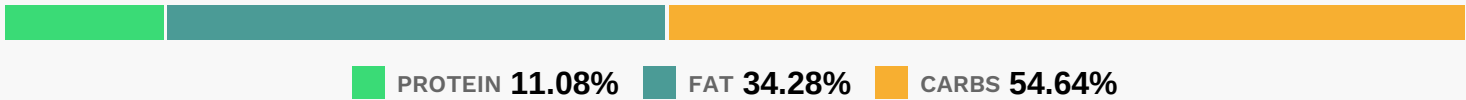
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 300°F. 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:6.16, Glycemic Load:5.42, Inflammation Score:-5, Nutrition Score:6.9173912367095%

Nutrients (% of daily need)

Calories: 71.91kcal (3.6%), Fat: 2.96g (4.56%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 8.33g (3.03%), Sugar: 2.1g (2.34%), Cholesterol: 0.91mg (0.3%), Sodium: 93.03mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Manganese: 0.42mg (20.97%), Folate: 70.52µg (17.63%), Iron: 2.98mg (16.57%), Vitamin B6: 0.19mg (9.32%), Vitamin B2: 0.16mg (9.24%), Vitamin B1: 0.14mg (9.24%), Fiber: 2.29g (9.14%), Selenium: 6.13µg (8.76%), Vitamin B3: 1.73mg (8.67%), Vitamin B12: 0.51µg (8.57%), Magnesium: 30.03mg (7.51%), Phosphorus: 69.04mg (6.9%), Vitamin A: 265.81IU (5.32%), Zinc: 0.68mg (4.56%), Copper: 0.07mg (3.68%), Vitamin E: 0.41mg (2.75%), Potassium: 91.98mg (2.63%), Vitamin K: 2.52µg (2.4%), Vitamin D: 0.34µg (2.23%), Calcium: 18.8mg (1.88%), Vitamin B5: 0.1mg (1.04%)