



Goin' Fishin' Chex® Mix (1/2)

READY IN



25 min.

SERVINGS



12

CALORIES



376 kcal

SIDE DISH

Ingredients

- 4 teaspoons butter
- 4.5 cups wheat chex (or combination)
- 1 cup pretzels fish-shaped
- 1 cup round buttery crackers
- 0.5 package ranch seasoning (1-oz size) (1 tablespoon plus 2 teaspoons)
- 0.3 cup parmesan cheese grated

Equipment

- bowl

aluminum foil

microwave

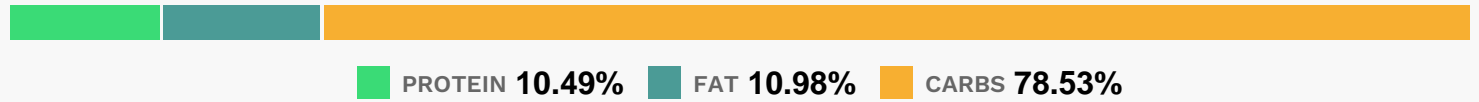
Directions

In medium microwavable bowl, microwave butter uncovered on High about 30 seconds or until melted. Stir in cereal and crackers until evenly coated. Stir in dressing mix and cheese until evenly coated.

Microwave uncovered on High 2 minutes, stirring after 1 minute.

Spread on waxed paper or foil; cool about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:4.26, Inflammation Score:-9, Nutrition Score:34.327826090481%

Nutrients (% of daily need)

Calories: 376.22kcal (18.81%), Fat: 5.16g (7.94%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 83.07g (27.69%), Net Carbohydrates: 71.41g (25.97%), Sugar: 9.99g (11.1%), Cholesterol: 1.81mg (0.6%), Sodium: 776.11mg (33.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.18%), Vitamin D: 75.49µg (503.29%), Folate: 770.86µg (192.71%), Iron: 27.72mg (154%), Zinc: 10.1mg (67.33%), Vitamin B1: 0.76mg (50.6%), Vitamin B3: 10.04mg (50.18%), Vitamin B2: 0.85mg (49.73%), Vitamin B12: 2.86µg (47.69%), Vitamin B6: 0.95mg (47.68%), Fiber: 11.66g (46.65%), Phosphorus: 318.88mg (31.89%), Calcium: 217.13mg (21.71%), Vitamin A: 1021.18IU (20.42%), Magnesium: 79.15mg (19.79%), Vitamin C: 11.47mg (13.9%), Potassium: 346.25mg (9.89%), Manganese: 0.09mg (4.55%), Vitamin K: 2.72µg (2.59%), Selenium: 1.25µg (1.79%), Vitamin E: 0.27mg (1.79%)