



WHATSheATE



HEALTH SCORE

96%

Goin' Fishin' Chex® Mix (1/2)



Very Healthy

READY IN



25 min.

SERVINGS



12

CALORIES



390 kcal

SIDE DISH

Ingredients

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

Equipment

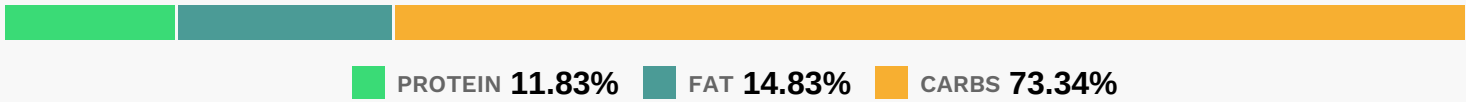
- ☐ bowl

- ☐ 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:9.17, Glycemic Load:4.32, Inflammation Score:-9, Nutrition Score:34.900869410971%

Nutrients (% of daily need)

Calories: 390.04kcal (19.5%), Fat: 7.2g (11.08%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 80.12g (26.71%), Net Carbohydrates: 68.58g (24.94%), Sugar: 9.61g (10.68%), Cholesterol: 11.23mg (3.74%), Sodium: 793.59mg (34.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.85%), Vitamin D: 75.55µg (503.67%), Folate: 769.23µg (192.31%), Iron: 27.51mg (152.84%), Zinc: 10.41mg (69.43%), Vitamin B2: 0.87mg (51.39%), Vitamin B12: 2.96µg (49.35%), Vitamin B1: 0.74mg (49.31%), Vitamin B3: 9.8mg (48.98%), Vitamin B6: 0.96mg (47.85%), Fiber: 11.55g (46.19%), Phosphorus: 348.36mg (34.84%), Calcium: 276mg (27.6%), Vitamin A: 1115.53IU (22.31%), Magnesium: 80.74mg (20.18%), Vitamin C: 11.47mg (13.9%), Potassium: 347.55mg (9.93%), Selenium: 3.69µg (5.27%), Manganese: 0.06mg (3.25%), Vitamin E: 0.16mg (1.09%)