



## Goin' Fishin' Chex® Mix

 Very Healthy

READY IN



25 min.

SERVINGS



24

CALORIES



391 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 tablespoons butter
- 2 cups cheese
- 0.5 cup parmesan cheese grated
- 2 cups pretzels fish-shaped
- 1 oz ranch seasoning
- 9 cups wheat chex (or combination)

### Equipment

- bowl

aluminum foil

microwave

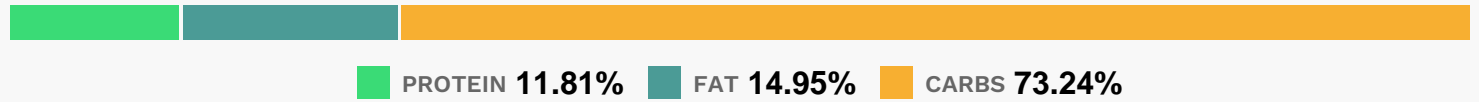
## Directions

In large 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 3 minutes, stirring after each minute.

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

## Nutrition Facts



## Properties

Glycemic Index:4.58, Glycemic Load:4.32, Inflammation Score:-9, Nutrition Score:34.905217398768%

## Nutrients (% of daily need)

Calories: 390.68kcal (19.53%), Fat: 7.27g (11.18%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 80.13g (26.71%), Net Carbohydrates: 68.58g (24.94%), Sugar: 9.61g (10.68%), Cholesterol: 11.23mg (3.74%), Sodium: 795.47mg (34.59%), Alcohol: 0g (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 (51.4%), 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: 348.38mg (34.84%), Calcium: 276.03mg (27.6%), Vitamin A: 1118.52IU (22.37%), Magnesium: 80.74mg (20.19%), Vitamin C: 11.47mg (13.9%), Potassium: 347.59mg (9.93%), Selenium: 3.69µg (5.27%), Manganese: 0.06mg (3.25%), Vitamin E: 0.17mg (1.11%)