



Gold Nuggets Chex Mix

READY IN



10 min.

SERVINGS



24

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups cornflakes
- 2 cups pretzel nuggets
- 2 cups round buttery crackers
- 0.5 cup butter
- 2 cups cheese
- 1 tablespoon tortilla chips

Equipment

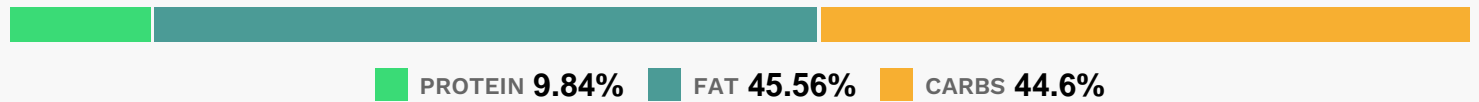
- bowl

- microwave
- measuring cup

Directions

- In large microwavable bowl, mix cereal, pretzels and crackers.
- In 2-cup microwavable measuring cup, microwave butter on High 30 to 40 seconds or until melted.
- Pour over cereal mixture; stir to distribute thoroughly. Microwave on High 3 to 4 minutes, stirring every minute.
- Stir in puffed corn.
- Add popcorn seasoning; toss to coat cereal mixture. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:1.13, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:4.7513043232586%

Nutrients (% of daily need)

Calories: 177.23kcal (8.86%), Fat: 8.99g (13.84%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 19.16g (6.97%), Sugar: 2.58g (2.87%), Cholesterol: 10.76mg (3.59%), Sodium: 393.78mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Iron: 2.27mg (12.62%), Vitamin B2: 0.16mg (9.61%), Calcium: 82.06mg (8.21%), Vitamin A: 401.96IU (8.04%), Vitamin B1: 0.12mg (8%), Folate: 30.69µg (7.67%), Vitamin B12: 0.45µg (7.58%), Vitamin B3: 1.51mg (7.54%), Vitamin B6: 0.14mg (6.82%), Phosphorus: 66.39mg (6.64%), Selenium: 3.5µg (5%), Zinc: 0.45mg (3.03%), Vitamin E: 0.42mg (2.81%), Vitamin K: 2.85µg (2.72%), Fiber: 0.65g (2.59%), Vitamin D: 0.31µg (2.06%), Manganese: 0.04mg (1.99%), Vitamin C: 1.48mg (1.79%), Magnesium: 6.88mg (1.72%), Copper: 0.02mg (1.19%)