



Gold Nuggets Chex Mix

READY IN



10 min.

SERVINGS



24

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 2 cups cheese
- 2 cups cheese
- 6 cups cornflakes
- 1 tablespoon popped popcorn
- 2 cups pretzel nuggets

Equipment

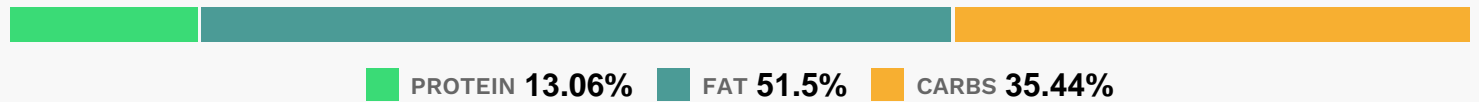
- bowl

- 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:5.01, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:5.2991303957027%

Nutrients (% of daily need)

Calories: 190.52kcal (9.53%), Fat: 10.94g (16.83%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 16.34g (5.94%), Sugar: 2.21g (2.45%), Cholesterol: 20.17mg (6.72%), Sodium: 409.29mg (17.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Calcium: 140.33mg (14.03%), Iron: 2.07mg (11.52%), Vitamin B2: 0.19mg (11.28%), Vitamin A: 497.51IU (9.95%), Phosphorus: 96.69mg (9.67%), Vitamin B12: 0.55µg (9.24%), Selenium: 5.91µg (8.44%), Folate: 29.18µg (7.3%), Vitamin B6: 0.14mg (6.98%), Vitamin B1: 0.1mg (6.69%), Vitamin B3: 1.28mg (6.39%), Zinc: 0.78mg (5.2%), Vitamin D: 0.37µg (2.43%), Fiber: 0.59g (2.35%), Magnesium: 8.84mg (2.21%), Vitamin E: 0.3mg (1.99%), Vitamin C: 1.48mg (1.79%), Copper: 0.02mg (1.08%), Manganese: 0.02mg (1.03%), Vitamin B5: 0.1mg (1.01%)