



Gold Nuggets Chex Mix

READY IN



10 min.

SERVINGS



24

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 6 cups corn chex corn chex®
- ☐ 2 cups cheese
- ☐ 1 tablespoon popped popcorn
- ☐ 2 cups pretzel nuggets

Equipment

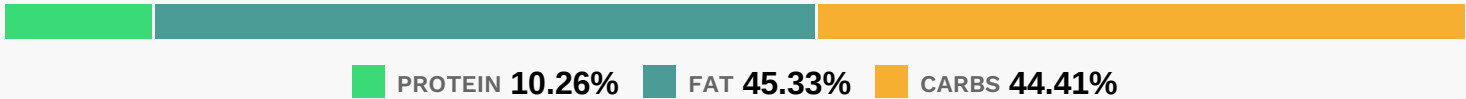
- ☐ bowl
- ☐ microwave

☐ 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 puffcorn.
- ☐ Add popcorn seasoning; toss to coat cereal mixture. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:4.9843478870133%

Nutrients (% of daily need)

Calories: 155.79kcal (7.79%), Fat: 7.89g (12.14%), Saturated Fat: 2.97g (18.55%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 16.68g (6.06%), Sugar: 2.37g (2.63%), Cholesterol: 10.76mg (3.59%), Sodium: 352.4mg (15.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Folate: 52.2µg (13.05%), Iron: 2.06mg (11.43%), Vitamin A: 528.15IU (10.56%), Calcium: 98.43mg (9.84%), Vitamin B2: 0.15mg (8.91%), Zinc: 1.3mg (8.68%), Vitamin B12: 0.48µg (7.94%), Vitamin B6: 0.13mg (6.63%), Vitamin B1: 0.1mg (6.46%), Vitamin B3: 1.27mg (6.34%), Phosphorus: 56.42mg (5.64%), Selenium: 3.59µg (5.14%), Fiber: 0.72g (2.89%), Vitamin D: 0.3µg (2.03%), Vitamin C: 1.51mg (1.83%), Manganese: 0.03mg (1.68%), Vitamin E: 0.24mg (1.59%), Magnesium: 5.59mg (1.4%)