



## Gold Rush Chex Mix

 Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



213 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup cashew pieces
- ☐ 0.5 cup chocolate chips dark
- ☐ 8 oz peanut butter sandwich cookie crumbs chex mix®
- ☐ 0.5 cup pretzel nuggets

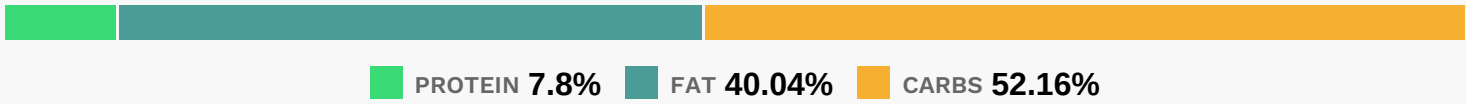
### Equipment

- ☐ bowl

# Directions

☐ In medium bowl, mix all ingredients.

## Nutrition Facts



## Properties

Glycemic Index:2.52, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:2.6756521515224%

## Nutrients (% of daily need)

Calories: 212.85kcal (10.64%), Fat: 9.7g (14.92%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 26.91g (9.79%), Sugar: 13.24g (14.72%), Cholesterol: 0.89mg (0.3%), Sodium: 310.97mg (13.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Copper: 0.16mg (7.9%), Fiber: 1.53g (6.1%), Manganese: 0.12mg (5.97%), Magnesium: 22.07mg (5.52%), Phosphorus: 49.59mg (4.96%), Iron: 0.84mg (4.66%), Zinc: 0.69mg (4.6%), Calcium: 32.87mg (3.29%), Potassium: 99.54mg (2.84%), Vitamin K: 2.89µg (2.75%), Selenium: 1.75µg (2.5%), Vitamin B1: 0.04mg (2.42%), Vitamin B6: 0.04mg (1.93%), Vitamin E: 0.2mg (1.33%), Vitamin B5: 0.12mg (1.23%), Vitamin B2: 0.02mg (1.16%)