



 **100%**
HEALTH SCORE

Ham and Cheese Chex Mix

 Very Healthy

READY IN



15 min.

SERVINGS



16

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups all-bran cereal
- 2 tablespoons butter
- 1 cup finely-chopped ham cubed cooked
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- 1 teaspoon lawry's seasoned salt
- 4 oz swiss cheese cut into 1/4x1-inch sticks

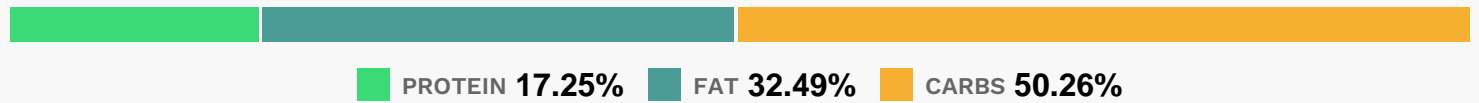
Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

Directions

- In large microwavable bowl, place cereal.
- In 1-cup microwavable measuring cup, microwave butter, mustard, honey and salt uncovered on High 30 to 40 seconds or until butter is melted and mixture is hot; stir.
- Pour over cereal, stirring until evenly coated. Microwave uncovered on High 3 to 4 minutes, stirring after every minute.
- Sprinkle salt over hot cereal.
- Spread on waxed paper or foil to cool. When mixture is cool, stir in ham and cheese. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:5.26, Inflammation Score:-9, Nutrition Score:27.896521360978%

Nutrients (% of daily need)

Calories: 115.74kcal (5.79%), Fat: 5.31g (8.18%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 11.65g (4.23%), Sugar: 4.74g (5.27%), Cholesterol: 11.75mg (3.92%), Sodium: 326.88mg (14.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.7%), Vitamin B6: 2.81mg (140.71%), Manganese: 1.73mg (86.59%), Vitamin B12: 4.69µg (78.11%), Folate: 305.53µg (76.38%), Vitamin B2: 0.67mg (39.42%), Vitamin B1: 0.57mg (37.86%), Phosphorus: 330.15mg (33.01%), Fiber: 6.86g (27.42%), Iron: 4.18mg (23.24%), Zinc: 3.36mg (22.4%), Magnesium: 88.52mg (22.13%), Vitamin B3: 3.7mg (18.52%), Calcium: 155.23mg (15.52%), Copper: 0.25mg (12.72%), Vitamin A: 528.27IU (10.57%), Selenium: 6.05µg (8.64%), Vitamin C: 6.31mg (7.65%), Potassium: 264.88mg (7.57%), Vitamin D: 1µg (6.66%), Vitamin B5: 0.34mg (3.44%), Vitamin E: 0.38mg (2.51%), Vitamin K: 1.32µg (1.26%)