



Ham and Cheese Chex Mix

READY IN



15 min.

SERVINGS



16

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

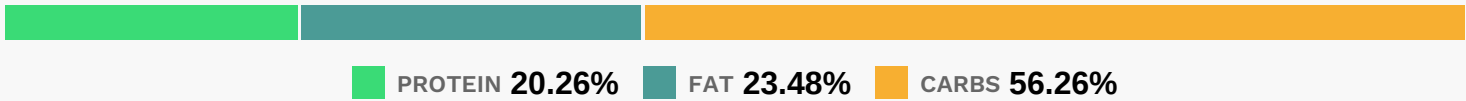
Equipment

- ☐ 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:11.31, Glycemic Load:23.53, Inflammation Score:-4, Nutrition Score:16.045652337696%

Nutrients (% of daily need)

Calories: 280.87kcal (14.04%), Fat: 7.33g (11.27%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 34.12g (12.41%), Sugar: 5g (5.56%), Cholesterol: 11.75mg (3.92%), Sodium: 666.14mg (28.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.43%), Manganese: 1.9mg (95.16%), Selenium: 26.75µg (38.22%), Vitamin B1: 0.39mg (25.8%), Phosphorus: 250.86mg (25.09%), Fiber: 5.37g (21.46%), Vitamin B3: 4.19mg (20.96%), Calcium: 209.4mg (20.94%), Magnesium: 72.67mg (18.17%), Zinc: 2.04mg (13.59%), Iron: 2.36mg (13.12%), Vitamin B2: 0.19mg (11.02%), Vitamin B6: 0.22mg (10.79%), Copper: 0.21mg (10.66%), Folate: 38.22µg (9.56%), Potassium: 249.53mg (7.13%), Vitamin B5: 0.71mg (7.06%), Vitamin K: 7.03µg (6.7%), Vitamin B12: 0.32µg (5.26%), Vitamin E: 0.58mg (3.86%), Vitamin A: 124.75IU (2.49%), Vitamin C: 1.66mg (2.01%)