



Herbed Cashew Snack Mix

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups cornflakes
- 2 cups bite-size wheat shredded
- 2 cups pretzel sticks
- 1 cup cashew pieces
- 0.3 cup butter
- 1.5 teaspoons tarragon dried fresh chopped
- 1 teaspoon onion powder
- 0.3 teaspoon hot sauce red

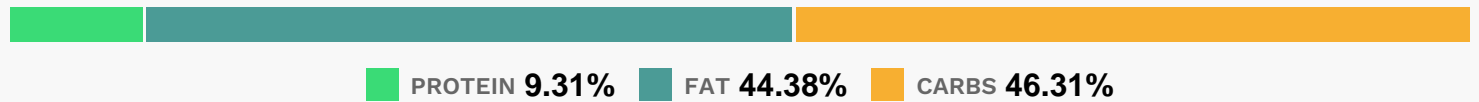
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 325°F.
- In ungreased 13x9-inch pan, mix cereals, pretzel sticks and cashews. In 1-quart saucepan, melt butter over medium heat.
- Remove from heat; stir in tarragon, onion powder and pepper sauce.
- Pour over cereal mixture, stirring until evenly coated.
- Bake uncovered about 25 minutes, stirring occasionally, until hot.
- Serve warm or cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:6.77, Inflammation Score:-5, Nutrition Score:7.490869625755%

Nutrients (% of daily need)

Calories: 173.66kcal (8.68%), Fat: 9.01g (13.86%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 19.33g (7.03%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 198.59mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Manganese: 0.49mg (24.62%), Iron: 2.81mg (15.63%), Copper: 0.29mg (14.54%), Magnesium: 47.54mg (11.88%), Vitamin B6: 0.23mg (11.68%), Vitamin B1: 0.17mg (11.3%), Phosphorus: 111.85mg (11.19%), Folate: 40.45µg (10.11%), Vitamin B3: 1.88mg (9.38%), Vitamin B2: 0.12mg (7.26%), Fiber: 1.81g (7.24%), Zinc: 1.02mg (6.78%), Vitamin A: 263.14IU (5.26%), Selenium: 3.19µg (4.56%), Potassium: 140.35mg (4.01%), Vitamin B12: 0.24µg (3.97%), Vitamin K: 4.05µg (3.85%), Vitamin C: 2.26mg (2.74%), Vitamin E: 0.29mg (1.96%), Vitamin B5: 0.16mg (1.65%), Calcium: 15.56mg (1.56%), Vitamin D: 0.17µg (1.12%)