



## Herbed Cashew Snack Mix

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter
- 1 cup cashew pieces
- 2 cups cornflakes
- 1 teaspoon onion powder
- 0.3 teaspoon hot sauce red
- 2 cups pretzel sticks
- 2 cups bite-size wheat shredded

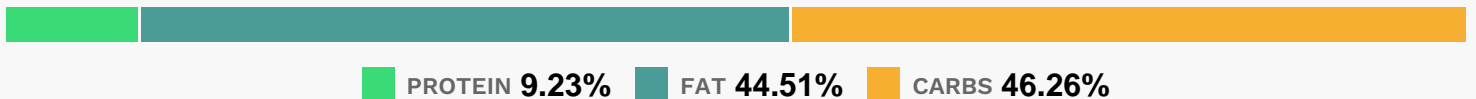
### Equipment

- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 325F.
- 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:9.02, Glycemic Load:6.69, Inflammation Score:-4, Nutrition Score:7.3304348302924%

## Nutrients (% of daily need)

Calories: 172.93kcal (8.65%), Fat: 8.99g (13.83%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 19.23g (6.99%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 198.43mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.39%), Manganese: 0.47mg (23.62%), Iron: 2.73mg (15.18%), Copper: 0.29mg (14.46%), Magnesium: 46.67mg (11.67%), Vitamin B6: 0.23mg (11.37%), Vitamin B1: 0.17mg (11.25%), Phosphorus: 111.07mg (11.11%), Folate: 39.77µg (9.94%), Vitamin B3: 1.85mg (9.27%), Fiber: 1.79g (7.17%), Vitamin B2: 0.12mg (7.07%), Zinc: 1.01mg (6.71%), Vitamin A: 252.64IU (5.05%), Selenium: 3.18µg (4.54%), Vitamin B12: 0.24µg (3.97%), Vitamin K: 4.05µg (3.85%), Potassium: 132.8mg (3.79%), Vitamin C: 2.13mg (2.58%), Vitamin E: 0.29mg (1.96%), Vitamin B5: 0.16mg (1.65%), Calcium: 12.71mg (1.27%), Vitamin D: 0.17µg (1.12%)