



## Hot and Spicy Chex™ Party Mix

 Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter
- 1 tablespoon worcestershire sauce
- 1.3 teaspoons lawry's seasoned salt
- 2 teaspoons hot sauce red
- 3 cups cornflakes
- 3 cups rice chex
- 3 cups wheat chex
- 1 cup nuts mixed

- 1 cup pretzels
- 1 cup round buttery crackers

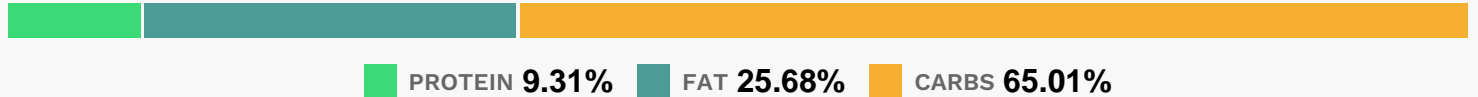
## Equipment

- paper towels
- oven
- roasting pan

## Directions

- Heat oven to 250°F.
- In ungreased large roasting pan, melt butter in oven. Stir in Worcestershire sauce, seasoned salt and pepper sauce. Gradually stir in remaining ingredients until evenly coated.
- Bake uncovered 1 hour, stirring every 15 minutes.
- Spread on paper towels to cool, about 15 minutes. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:4.69, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:21.109130242597%

## Nutrients (% of daily need)

Calories: 204.15kcal (10.21%), Fat: 6.37g (9.81%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 31.64g (11.5%), Sugar: 4.1g (4.55%), Cholesterol: 0mg (0%), Sodium: 448.25mg (19.49%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Vitamin D: 25.41µg (169.41%), Folate: 300.12µg (75.03%), Iron: 11.72mg (65.13%), Zinc: 4.09mg (27.25%), Vitamin B3: 4.98mg (24.91%), Vitamin B1: 0.37mg (24.52%), Vitamin B2: 0.41mg (23.9%), Vitamin B6: 0.46mg (23.11%), Vitamin B12: 1.31µg (21.83%), Fiber: 4.67g (18.67%), Manganese: 0.29mg (14.4%), Phosphorus: 141.13mg (14.11%), Magnesium: 42.66mg (10.67%), Vitamin A: 526.11IU (10.52%), Calcium: 86.08mg (8.61%), Vitamin C: 5.7mg (6.91%), Copper: 0.1mg (5.12%), Potassium: 172.59mg (4.93%), Selenium: 1.22µg (1.74%), Vitamin B5: 0.15mg (1.53%), Vitamin K: 1.39µg (1.33%), Vitamin E: 0.19mg (1.29%)