

## Hot and Spicy Party Mix

READY IN



90 min.

SERVINGS



11

CALORIES



946 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter melted
- 1 cup cheese
- 8 cups m&m candies your favorite chex® (corn, rice, and/or wheat)
- 1 cup nuts mixed
- 2 tablespoons hot sauce to taste
- 1 cup pretzels
- 1.3 teaspoons lawry's seasoned salt
- 1 tablespoon worcestershire sauce

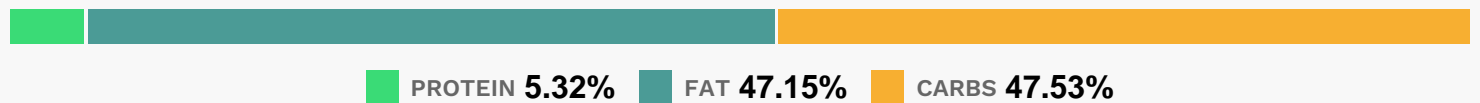
## Equipment

- bowl
- oven
- roasting pan
- microwave

## Directions

- Combine butter, Worcestershire sauce, TABASCO® Sauce, and seasoned salt in a small bowl and mix well.
- Pour cereals, nuts, pretzels and cheese crackers into a large plastic zip-top bag.
- Pour butter mixture over cereal mixture inside Zipper Bag. Seal top of bag securely. Shake bag until all pieces are evenly coated.
- Pour contents of bag into a large microwave-safe bowl. Microwave on high 5 to 6 minutes, stirring thoroughly every 2 minutes and scraping sides and bottom of bowl.
- Spread on absorbent paper to cool. Store in airtight container.
- Pour contents of bag into an open roasting pan.
- Bake in a 250 degrees F oven for 1 hour, stirring every 15 minutes. Cool and store as directed above.

## Nutrition Facts



## Properties

Glycemic Index:12.7, Glycemic Load:5.35, Inflammation Score:-4, Nutrition Score:7.4356521484645%

## Nutrients (% of daily need)

Calories: 945.53kcal (47.28%), Fat: 49.94g (76.83%), Saturated Fat: 25.65g (160.31%), Carbohydrates: 113.27g (37.76%), Net Carbohydrates: 107.75g (39.18%), Sugar: 94.98g (105.54%), Cholesterol: 32.96mg (10.99%), Sodium: 657.27mg (28.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.35%), Calcium: 262.79mg (26.28%), Fiber: 5.52g (22.07%), Manganese: 0.32mg (16.21%), Iron: 2.79mg (15.5%), Vitamin A: 633.34IU (12.67%), Phosphorus: 115.68mg (11.57%), Copper: 0.19mg (9.31%), Magnesium: 34.82mg (8.7%), Zinc: 0.96mg (6.38%),

Vitamin B2: 0.1mg (5.97%), Folate: 22.18µg (5.55%), Vitamin B3: 1.02mg (5.11%), Selenium: 3.24µg (4.62%), Vitamin B1: 0.06mg (4.16%), Vitamin C: 3.09mg (3.75%), Potassium: 120.27mg (3.44%), Vitamin B6: 0.06mg (2.77%), Vitamin B5: 0.23mg (2.32%), Vitamin B12: 0.11µg (1.9%), Vitamin E: 0.28mg (1.83%)