



Italian-Seasoned Snack Mix

READY IN



35 min.

SERVINGS



10

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups corn-and-rice cereal crispy (such as Crispix)
- 2 egg whites lightly beaten
- 1 tablespoon penzey's southwest seasoning dried italian
- 0.3 cup butter melted reduced-calorie
- 2 cups oyster crackers
- 0.3 cup parmesan cheese grated
- 2 cups pretzels fat-free

Equipment

- bowl
- oven
- whisk

Directions

- Combine first 3 ingredients in a large bowl.
- Combine margarine and egg whites in a small bowl, stirring well with a wire whisk.
- Pour margarine mixture over cereal mixture; toss lightly to coat.
- Sprinkle with cheese and Italian seasoning; toss lightly.
- Spread mixture in 2 (15- x 10- x 1-inch) jellyroll pans coated with cooking spray.
- Bake at 300 for 25 minutes or until crisp, stirring occasionally. Cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:10.23, Inflammation Score:-5, Nutrition Score:8.5021738695062%

Nutrients (% of daily need)

Calories: 194.82kcal (9.74%), Fat: 6.59g (10.14%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 28.31g (10.3%), Sugar: 1.6g (1.78%), Cholesterol: 2.17mg (0.73%), Sodium: 472.09mg (20.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Iron: 4.67mg (25.95%), Folate: 82.64µg (20.66%), Vitamin B1: 0.28mg (18.9%), Vitamin B2: 0.31mg (18.05%), Vitamin B3: 3.46mg (17.3%), Manganese: 0.27mg (13.56%), Vitamin B6: 0.23mg (11.41%), Vitamin B12: 0.61µg (10.22%), Vitamin A: 433.25IU (8.66%), Selenium: 4.66µg (6.65%), Phosphorus: 59.88mg (5.99%), Vitamin K: 5.89µg (5.6%), Fiber: 1.38g (5.51%), Calcium: 38.8mg (3.88%), Magnesium: 14.13mg (3.53%), Vitamin C: 2.71mg (3.29%), Copper: 0.07mg (3.26%), Vitamin E: 0.47mg (3.15%), Zinc: 0.46mg (3.09%), Vitamin D: 0.42µg (2.77%), Potassium: 91.24mg (2.61%), Vitamin B5: 0.15mg (1.51%)