



Kentucky Bourbon Bacon Chex Mix

♥ Popular

READY IN



105 min.

SERVINGS



20

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz asian rice cracker snack mix traditional chex mix®
- ☐ 1 cup cashew pieces
- ☐ 0.5 lb bacon crumbled cooked (6 to 8 slices)
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.3 cup plus light
- ☐ 2 tablespoons bourbon
- ☐ 0.8 teaspoon chipotle chili powder

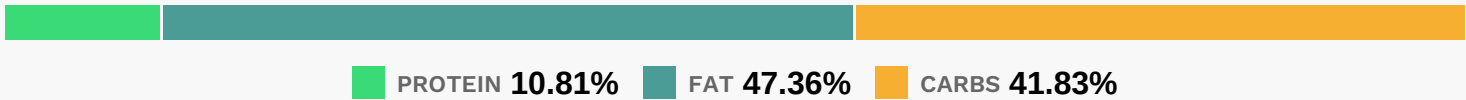
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 300°F. Line two 15x10x1-inch pans with foil. Spray foil with cooking spray. In large bowl, mix snack mix, pecans and bacon. Set aside.
- ☐ In 2-quart saucepan, heat brown sugar, butter and corn syrup over medium heat, stirring occasionally, until bubbly around edges. Cook 5 minutes, stirring occasionally; remove from heat. Cool 2 minutes. Carefully stir in bourbon and chipotle chili powder.
- ☐ Pour over snack mixture; toss until evenly coated.
- ☐ Spread snack mixture on pans.
- ☐ Bake 15 minutes, stirring every 5 minutes, to caramelize mixture. Cool completely, about 1 hour. Break into pieces. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:1.06, Inflammation Score:-3, Nutrition Score:6.3330434253034%

Nutrients (% of daily need)

Calories: 257.07kcal (12.85%), Fat: 13.56g (20.86%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 25.47g (9.26%), Sugar: 10.56g (11.73%), Cholesterol: 24.28mg (8.09%), Sodium: 381.19mg (16.57%), Alcohol: 0.5g (100%), Alcohol %: 1.13% (100%), Protein: 6.96g (13.92%), Manganese: 0.29mg (14.48%), Selenium: 8.69µg (12.41%), Phosphorus: 120.26mg (12.03%), Vitamin B3: 2.35mg (11.74%), Vitamin B1: 0.17mg (11.3%), Copper: 0.19mg (9.63%), Iron: 1.53mg (8.49%), Magnesium: 33.96mg (8.49%), Zinc: 1.1mg (7.36%), Folate: 27.16µg (6.79%), Vitamin B6: 0.13mg (6.62%), Fiber: 1.47g (5.89%), Vitamin B2: 0.1mg (5.88%), Vitamin K: 5.8µg (5.53%), Potassium: 153.81mg (4.39%), Vitamin A: 168.25IU (3.37%), Vitamin E: 0.47mg (3.16%), Vitamin B5: 0.3mg (2.95%), Vitamin B12: 0.16µg (2.68%), Calcium: 20.99mg (2.1%)