



Lime Time Chex Mix

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups corn chex corn chex®
- ☐ 3 cups rice chex rice chex®
- ☐ 2 teaspoons coarse salt (kosher or sea)
- ☐ 3 drops drop natural food coloring green
- ☐ 1 box gelatin mix (4-serving size)
- ☐ 11 oz vanilla extract white
- ☐ 1 cup pretzels checkerboard-shaped
- ☐ 24 servings salt to taste

- ☐ 0.3 cup vegetable oil
- ☐ 1.5 cups walnut halves

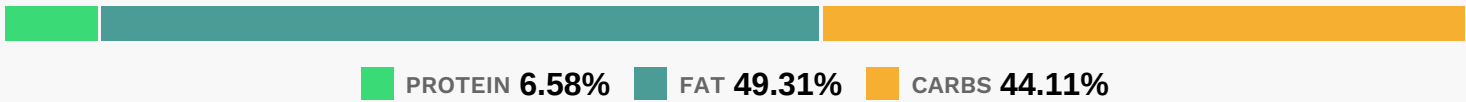
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ microwave

Directions

- ☐ Line cookie sheet with waxed paper. In large bowl, mix cereals, walnuts and pretzels. In small bowl, stir salt and food color until color is evenly distributed.
- ☐ In 1-quart microwavable bowl, microwave baking chips uncovered on High 30 seconds. Stir; microwave 15 to 30 seconds longer or until chips can be stirred smooth. Stir in oil.
- ☐ Add gelatin; stir until well blended.
- ☐ Pour over cereal mixture; stirring until evenly coated.
- ☐ Spread on cookie sheet.
- ☐ Sprinkle with salt. Refrigerate uncovered about 5 minutes or until set. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:2.23, Inflammation Score:-4, Nutrition Score:6.2056522265725%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 158.61kcal (7.93%), Fat: 7.3g (11.23%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 13.84g (5.03%), Sugar: 5.66g (6.28%), Cholesterol: 0mg (0%), Sodium: 501.9mg (21.82%), Alcohol: 4.47g (100%), Alcohol %: 15.02% (100%), Protein: 2.19g (4.39%), Manganese: 0.45mg (22.29%), Folate: 63.31µg (15.83%), Iron: 2.52mg (14.03%), Vitamin B1: 0.13mg (8.93%), Vitamin B6: 0.17mg (8.5%), Vitamin B2: 0.14mg (8.45%), Zinc: 1.21mg (8.1%), Vitamin B3: 1.56mg (7.81%), Copper: 0.15mg (7.48%), Vitamin B12: 0.37µg (6.24%), Phosphorus:

45.33mg (4.53%), Vitamin K: 4.5µg (4.29%), Magnesium: 16.18mg (4.05%), Vitamin A: 188.98IU (3.78%), Calcium: 34.85mg (3.48%), Fiber: 0.85g (3.41%), Selenium: 1.87µg (2.67%), Potassium: 73.22mg (2.09%), Vitamin C: 1.67mg (2.02%), Vitamin E: 0.27mg (1.83%), Vitamin D: 0.25µg (1.66%), Vitamin B5: 0.13mg (1.26%)