



Lime Time Chex Mix

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups rice chex
- ☐ 3 cups cornflakes
- ☐ 1.5 cups walnut halves
- ☐ 1 cup pretzels checkerboard-shaped
- ☐ 2 teaspoons coarse salt (kosher or sea)
- ☐ 3 drops drop natural food coloring green
- ☐ 11 oz peppermint candies white
- ☐ 0.3 cup vegetable oil

- ☐ 1 box gelatin mix (4-serving size)
- ☐ 1 serving salt to taste

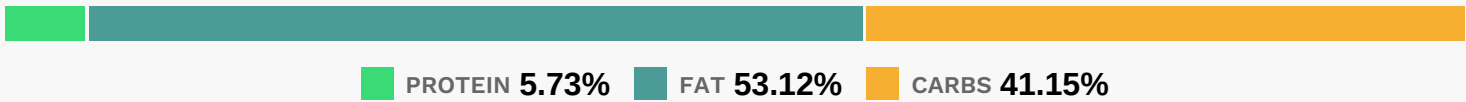
Equipment

- ☐ 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:-3, Nutrition Score:5.6643478352091%

Flavonoids

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

Nutrients (% of daily need)

Calories: 189.9kcal (9.49%), Fat: 11.71g (18.01%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 19.62g (7.13%), Sugar: 11.29g (12.55%), Cholesterol: 0mg (0%), Sodium: 320.72mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Manganese: 0.41mg (20.42%), Iron: 2.51mg (13.93%), Folate: 50.81µg (12.7%), Vitamin B1: 0.13mg (8.87%), Vitamin B6: 0.17mg (8.34%), Vitamin B2: 0.13mg (7.69%), Vitamin B3: 1.51mg (7.54%), Copper: 0.14mg (7.08%), Vitamin B12: 0.36µg (6.06%), Zinc: 0.77mg (5.1%), Phosphorus:

43.13mg (4.31%), Vitamin K: 4.5µg (4.29%), Calcium: 40.45mg (4.05%), Magnesium: 14.97mg (3.74%), Fiber: 0.79g (3.15%), Vitamin A: 126.48IU (2.53%), Selenium: 1.69µg (2.42%), Vitamin C: 1.65mg (2%), Vitamin E: 0.27mg (1.79%), Vitamin D: 0.25µg (1.67%), Potassium: 52.2mg (1.49%), Vitamin B5: 0.11mg (1.11%)