



Lime Time Chex Mix

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons coarse salt (kosher or sea)
- ☐ 3 cups cornflakes
- ☐ 3 cups rice chex
- ☐ 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

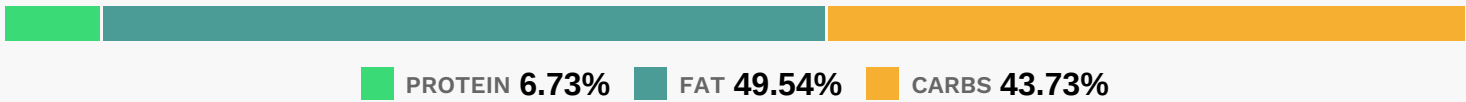
Equipment

- ☐ 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:-3, Nutrition Score:5.7826087060182%

Flavonoids

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

Nutrients (% of daily need)

Calories: 156.76kcal (7.84%), Fat: 7.22g (11.11%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 13.56g (4.93%), Sugar: 5.56g (6.18%), Cholesterol: 0mg (0%), Sodium: 499.55mg (21.72%), Alcohol: 4.47g (100%), Alcohol %: 15.17% (100%), Protein: 2.21g (4.41%), Manganese: 0.44mg (21.94%), Iron: 2.52mg (14.03%), Folate: 50.81µg (12.7%), Vitamin B1: 0.13mg (8.96%), Vitamin B6: 0.17mg (8.51%), Vitamin B2: 0.14mg (8.41%), Vitamin B3: 1.56mg (7.82%), Copper: 0.15mg (7.55%), Vitamin B12: 0.36µg (6.06%), Zinc: 0.78mg (5.2%), Phosphorus:

43.91mg (4.39%), Vitamin K: 4.5µg (4.29%), Magnesium: 16.54mg (4.13%), Fiber: 0.79g (3.15%), Vitamin A: 126.48IU (2.53%), Selenium: 1.7µg (2.42%), Calcium: 22.5mg (2.25%), Potassium: 71.46mg (2.04%), Vitamin C: 1.65mg (2%), Vitamin E: 0.27mg (1.79%), Vitamin D: 0.25µg (1.67%), Vitamin B5: 0.12mg (1.16%)