



WHATSheATE



Loaded Baked Potato Chex Mix

READY IN



15 min.

SERVINGS



26

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 5 cups rice chex
- ☐ 3 cups cornflakes
- ☐ 4 cups potatoes
- ☐ 2 cups round buttery crackers
- ☐ 0.3 cups bacon bits
- ☐ 0.3 cup butter
- ☐ 1 oz ranch seasoning
- ☐ 0.5 cup parmesan cheese grated

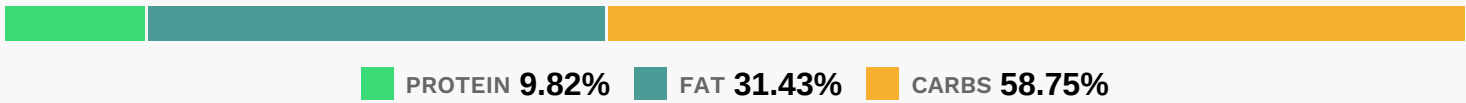
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ In large microwavable bowl, mix cereals, potatoes, crackers and bacon flavor bits.
- ☐ In small microwavable bowl, microwave butter uncovered on High about 30 seconds or until melted.
- ☐ Pour over cereal mixture; stir until evenly coated. Stir in dressing mix and cheese until evenly coated.
- ☐ Microwave uncovered on High 3 minutes, stirring after each minute.
- ☐ Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:4.13, Inflammation Score:-4, Nutrition Score:7.0621738537498%

Flavonoids

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 116.24kcal (5.81%), Fat: 4.1g (6.3%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 15.97g (5.81%), Sugar: 1.35g (1.5%), Cholesterol: 1.67mg (0.56%), Sodium: 284.48mg (12.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Iron: 3.15mg (17.48%), Folate: 61.53µg (15.38%), Manganese: 0.27mg (13.37%), Vitamin B6: 0.26mg (12.78%), Vitamin B1: 0.18mg (11.74%), Vitamin B3: 2.14mg (10.72%), Vitamin C: 8.24mg (9.99%), Vitamin B2: 0.16mg (9.63%), Vitamin B12: 0.51µg (8.45%), Zinc: 1mg (6.68%), Phosphorus: 59.63mg (5.96%), Fiber: 1.26g (5.04%), Calcium: 50.31mg (5.03%), Vitamin A: 249.22IU (4.98%), Potassium: 164.45mg (4.7%), Copper: 0.07mg (3.68%), Magnesium: 14.03mg (3.51%), Selenium: 2.44µg (3.48%), Vitamin K: 3.01µg (2.86%), Vitamin E: 0.42mg (2.81%), Vitamin D: 0.32µg (2.12%), Vitamin B5: 0.2mg (2.04%)