



Marching-In Chex Mix

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



14

CALORIES



173 kcal

SIDE DISH

Ingredients

- 8 oz asian rice cracker snack mix chex mix®
- 1 cup cinnamon sugar quartered
- 1 cup pecans

Equipment

- bowl

Directions

In medium bowl, mix all ingredients.

Serve immediately.

Nutrition Facts

 **PROTEIN 4.64%**  **FAT 33.97%**  **CARBS 61.39%**

Properties

Glycemic Index:5.72, Glycemic Load:10, Inflammation Score:-1, Nutrition Score:3.7665217557679%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 173.2kcal (8.66%), Fat: 6.76g (10.4%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 27.47g (9.16%), Net Carbohydrates: 25.86g (9.4%), Sugar: 15.73g (17.48%), Cholesterol: 0.65mg (0.22%), Sodium: 112.89mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Manganese: 0.45mg (22.61%), Vitamin B1: 0.1mg (6.96%), Fiber: 1.62g (6.47%), Copper: 0.11mg (5.65%), Folate: 20.83µg (5.21%), Iron: 0.9mg (4.99%), Phosphorus: 47.13mg (4.71%), Vitamin B3: 0.9mg (4.5%), Magnesium: 16.82mg (4.2%), Zinc: 0.59mg (3.95%), Vitamin B2: 0.06mg (3.71%), Vitamin K: 2.63µg (2.5%), Vitamin B6: 0.05mg (2.3%), Selenium: 1.49µg (2.13%), Potassium: 63.14mg (1.8%), Vitamin E: 0.26mg (1.72%), Vitamin B5: 0.14mg (1.36%), Calcium: 13.19mg (1.32%)