



## Margarita Chex™ Fiesta Mix

 Dairy Free

READY IN



85 min.

SERVINGS



20

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter
- 2 tablespoons tequila
- 2 teaspoons lawry's seasoned salt
- 0.3 teaspoon ground pepper red (cayenne)
- 2 envelopes margarita cocktail instant
- 4 cups cornflakes
- 3 cups rice chex
- 2 cups wheat chex

- 1 cup nuts mixed
- 1 cup pretzel twists
- 1 cup cranberries dried

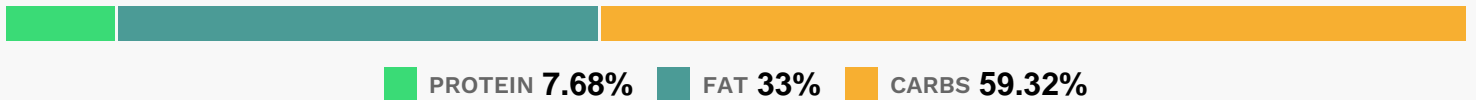
## Equipment

- paper towels
- oven
- roasting pan

## Directions

- Heat oven to 250°F.
- In ungreased large roasting pan, melt butter in oven. Stir in tequila, seasoned salt, red pepper and dry margarita mix. Stir in cereals, nuts and pretzels until evenly coated.
- Bake 1 hour, stirring every 15 minutes. Stir in cranberries.
- Spread on paper towels to cool, about 15 minutes. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:7.98, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:20.043043579744%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 229.75kcal (11.49%), Fat: 9.01g (13.86%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 32.09g (11.67%), Sugar: 7.84g (8.71%), Cholesterol: 0mg (0%), Sodium: 523.17mg (22.75%), Alcohol: 0.5g (100%), Alcohol %: 1.12% (100%), Protein: 4.72g (9.43%), Vitamin D: 20.48µg (136.54%), Folate: 258.88µg (64.72%), Iron: 10.61mg (58.93%), Vitamin B3: 4.76mg (23.78%), Zinc: 3.57mg (23.77%), Vitamin B1: 0.34mg (23%), Vitamin B2: 0.39mg (22.91%), Vitamin B6: 0.45mg (22.66%), Vitamin B12: 1.27µg (21.12%), Fiber: 4.33g (17.33%), Manganese: 0.33mg (16.56%), Vitamin A: 641.11IU (12.82%), Phosphorus: 123.16mg (12.32%), Magnesium: 40.8mg

(10.2%), Calcium: 73.63mg (7.36%), Vitamin C: 5.21mg (6.32%), Copper: 0.12mg (6.07%), Potassium: 156.25mg (4.46%), Vitamin E: 0.34mg (2.28%), Selenium: 1.39µg (1.99%), Vitamin B5: 0.18mg (1.84%)