



## Mexican Chex® Mix

READY IN



15 min.

SERVINGS



52

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 cups cheese
- ☐ 8 cups cornflakes
- ☐ 4 cups corn chips
- ☐ 3.5 oz butter-flavored microwave popcorn
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 oz taco seasoning

## Equipment

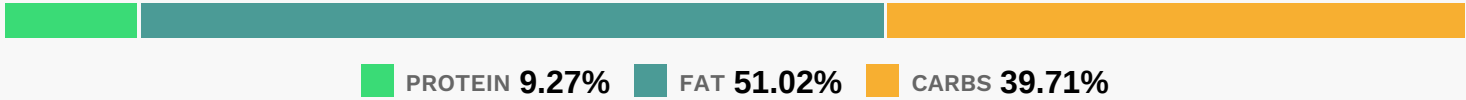
☐

 ziploc bags

## Directions

- ☐ Remove and discard unpopped kernels from popped popcorn. In 2-gallon resealable food-storage plastic bag, mix popcorn, cereal, corn chips and crackers.
- ☐ Drizzle with melted butter.
- ☐ Seal bag; shake until well coated.
- ☐ Add cheese and taco seasoning mix. Seal bag and shake until well coated.

## Nutrition Facts



## Properties

Glycemic Index:1.76, Glycemic Load:0.6, Inflammation Score:-2, Nutrition Score:3.1652174021887%

## Nutrients (% of daily need)

Calories: 89.39kcal (4.47%), Fat: 5.18g (7.97%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.36g (3.04%), Sugar: 0.55g (0.61%), Cholesterol: 4.9mg (1.63%), Sodium: 172mg (7.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Iron: 1.41mg (7.84%), Vitamin B2: 0.09mg (5.5%), Vitamin B6: 0.1mg (4.88%), Calcium: 46.63mg (4.66%), Phosphorus: 46.6mg (4.66%), Vitamin B12: 0.27µg (4.52%), Vitamin B3: 0.86mg (4.3%), Folate: 17.17µg (4.29%), Vitamin B1: 0.06mg (4.21%), Vitamin A: 209.42IU (4.19%), Vitamin E: 0.61mg (4.07%), Selenium: 2.46µg (3.52%), Fiber: 0.71g (2.83%), Manganese: 0.05mg (2.6%), Magnesium: 9.98mg (2.49%), Zinc: 0.36mg (2.4%), Vitamin C: 1.15mg (1.4%), Vitamin D: 0.18µg (1.23%), Copper: 0.02mg (1.04%)