



Miami Blitz Chex Mix

 Dairy Free

READY IN



5 min.

SERVINGS



14

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup banana chips dried
- ☐ 8.8 oz asian rice cracker snack mix sweet chex mix®
- ☐ 0.5 cup chocolate-covered peanuts
- ☐ 0.5 cup coconut or shredded
- ☐ 0.5 cup fruit jell-o® mix dried

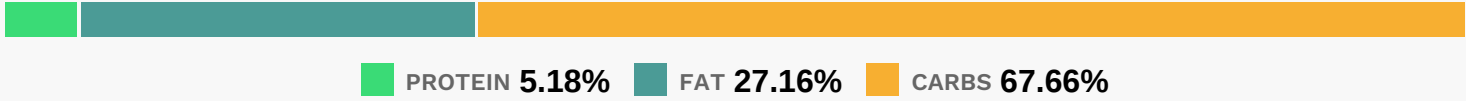
Equipment

- ☐ bowl

Directions

☐ In medium bowl, mix all ingredients.

Nutrition Facts



Properties

Glycemic Index:0.71, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.4495652266171%

Nutrients (% of daily need)

Calories: 152.21kcal (7.61%), Fat: 4.7g (7.23%), Saturated Fat: 2.67g (16.72%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 24.26g (8.82%), Sugar: 10.6g (11.78%), Cholesterol: 0.9mg (0.3%), Sodium: 131.29mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Manganese: 0.26mg (12.96%), Fiber: 2.08g (8.32%), Iron: 1.19mg (6.63%), Folate: 22.77µg (5.69%), Vitamin B1: 0.07mg (4.86%), Vitamin B3: 0.96mg (4.78%), Phosphorus: 44.24mg (4.42%), Vitamin B2: 0.07mg (3.97%), Magnesium: 15.15mg (3.79%), Copper: 0.07mg (3.61%), Zinc: 0.43mg (2.87%), Vitamin K: 2.9µg (2.76%), Potassium: 96.52mg (2.76%), Calcium: 26.57mg (2.66%), Selenium: 1.74µg (2.49%), Vitamin B6: 0.05mg (2.41%), Vitamin E: 0.21mg (1.38%), Vitamin B5: 0.13mg (1.27%)