



Munch & Crunch Snack Mix

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



496 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon chili powder
- ☐ 1 cup corn chips
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon onion salt
- ☐ 1 cup oyster crackers

- ☐ 1 cup pretzels mini
- ☐ 1 cup honey-roasted peanuts
- ☐ 1 cup roasted salted
- ☐ 1 teaspoon worcestershire sauce

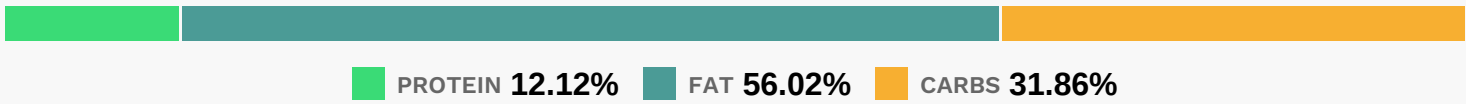
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Toss together first 5 ingredients in a large bowl; set aside.
- ☐ Whisk together butter and remaining 6 ingredients in another bowl; pour over snack mix, stirring to coat.
- ☐ Spread mix in a roasting pan; bake at 300 degrees for 25 minutes, stirring after 12 minutes. Cool completely; store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:10.29, Inflammation Score:-7, Nutrition Score:16.478695505987%

Nutrients (% of daily need)

Calories: 496.01kcal (24.8%), Fat: 32.34g (49.76%), Saturated Fat: 5.24g (32.73%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 36.34g (13.21%), Sugar: 5.51g (6.12%), Cholesterol: 0mg (0%), Sodium: 810.1mg (35.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.47%), Manganese: 1.59mg (79.42%), Magnesium: 146.38mg (36.6%), Phosphorus: 339.18mg (33.92%), Vitamin B3: 6.64mg (33.22%), Folate: 87.03µg (21.76%), Copper: 0.43mg (21.55%), Fiber: 5.04g (20.16%), Iron: 3.55mg (19.7%), Vitamin B1: 0.27mg (18.04%), Vitamin E: 2.08mg (13.86%), Zinc: 2.07mg (13.81%), Potassium: 435.61mg (12.45%), Vitamin B2: 0.16mg (9.62%), Selenium: 6.52µg (9.32%), Vitamin B6: 0.16mg (7.75%), Calcium: 75.75mg (7.58%), Vitamin B5: 0.71mg (7.13%), Vitamin A: 345.34IU (6.91%), Vitamin K: 5.26µg (5.01%)