



New York Deli Snack Mix

READY IN



35 min.

SERVINGS



10

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces beef jerky cut into bite-size pieces
- 4 cups cornflakes such as corn chex (4 1/2 ounces) crisp
- 1 tablespoon dijon mustard
- 1.3 cups can fried onions french canned
- 1 tablespoon garlic powder
- 0.5 teaspoon ground allspice
- 2 teaspoons ground coriander
- 10 servings kosher salt and pepper black freshly ground
- 1 tablespoon brown sugar light

- 1 tablespoon ground mustard
- 3.5 ounces kettle potato chips cooked
- 3 ounces lightly rye melba toast crushed
- 4 tablespoons butter unsalted melted ()
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat the oven to 350 degrees F. Toss the cereal, potato chips and melba together in a large bowl.
- Whisk the butter, mustard, Worcestershire, garlic powder, mustard powder, brown sugar, coriander, allspice and 1/2 teaspoon each salt and pepper in a separate bowl.
- Pour the sauce over the snack mix and toss to coat well.
- Spread out on a rimmed baking sheet and bake until the mix is toasted and almost completely dry, 16 to 18 minutes, tossing about halfway through.
- Remove from the oven and stir in the onions and jerky.
- Let cool completely, and then store in an airtight container for up to 3 days.

Nutrition Facts



PROTEIN 11.53% **FAT 51.64%** **CARBS 36.83%**

Properties

Glycemic Index:8.4, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:9.8482609106147%

Nutrients (% of daily need)

Calories: 283.71kcal (14.19%), Fat: 16.45g (25.3%), Saturated Fat: 6.59g (41.22%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 24.81g (9.02%), Sugar: 4.44g (4.93%), Cholesterol: 20.29mg (6.76%), Sodium: 585.31mg (25.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.53%), Iron: 4.84mg (26.92%), Folate: 76.15µg (19.04%), Vitamin B1: 0.24mg (16.28%), Vitamin B3: 3.18mg (15.88%), Vitamin B6: 0.3mg (14.78%), Vitamin B2: 0.24mg (14.13%), Vitamin B12: 0.74µg (12.33%), Phosphorus: 116.74mg (11.67%), Zinc: 1.74mg (11.62%), Selenium: 7.82µg (11.17%), Manganese: 0.19mg (9.4%), Vitamin E: 1.32mg (8.82%), Potassium: 283.16mg (8.09%), Vitamin A: 343.69IU (6.87%), Magnesium: 26.96mg (6.74%), Fiber: 1.57g (6.28%), Vitamin C: 4.9mg (5.93%), Copper: 0.11mg (5.63%), Vitamin B5: 0.53mg (5.28%), Vitamin D: 0.54µg (3.59%), Vitamin K: 3.51µg (3.34%), Calcium: 27.15mg (2.72%)