



## No-Bake Classic Snack Mix

 Dairy Free

READY IN



13 min.

SERVINGS



14

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 Tbsp butter melted
- 0.5 cup planters cocktail peanuts
- 2 cups popped popcorn
- 1 cup pretzels
- 0.5 tsp lawry's seasoned salt
- 3 cups bite-size wheat cereal shredded
- 1 Tbsp lea & perrins worcestershire sauce

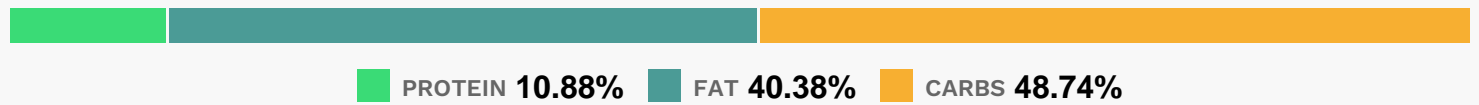
### Equipment

- bowl
- microwave

## Directions

- Toss cereal with popcorn, pretzels and peanuts in large microwavable bowl.
- Mix butter, Worcestershire sauce and seasoned salt until well blended.
- Drizzle evenly over cereal mixture; toss to coat.
- Microwave on HIGH 2 to 3 min. or until cereal is crisp, stirring after 2 min.

## Nutrition Facts



## Properties

Glycemic Index:11.68, Glycemic Load:4.36, Inflammation Score:-3, Nutrition Score:4.4447826427286%

## Nutrients (% of daily need)

Calories: 114.19kcal (5.71%), Fat: 5.46g (8.4%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 12.71g (4.62%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 199.86mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.46mg (23.12%), Vitamin B3: 1.71mg (8.53%), Fiber: 2.13g (8.5%), Phosphorus: 71.85mg (7.19%), Vitamin B6: 0.14mg (7.07%), Folate: 27.8µg (6.95%), Magnesium: 27.37mg (6.84%), Vitamin B1: 0.09mg (5.86%), Copper: 0.1mg (4.95%), Iron: 0.88mg (4.88%), Zinc: 0.52mg (3.49%), Potassium: 105.57mg (3.02%), Vitamin B2: 0.04mg (2.52%), Vitamin A: 111.35IU (2.23%), Vitamin C: 1.3mg (1.58%), Vitamin B5: 0.15mg (1.53%), Calcium: 14.47mg (1.45%), Selenium: 0.92µg (1.31%)