

Nosh-ville Chex Mix

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 8.8 oz asian rice cracker snack mix chex mix®
- ☐ 0.5 cup coconut or shredded
- ☐ 1 cup coconut or
- ☐ 0.5 cup plus light

Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In large bowl, mix together the snack mix, coconut, and almonds.
- ☐ In small saucepan, heat butter, brown sugar, and corn syrup over medium heat just until it begins to boil.
- ☐ Remove from heat and pour over the snack mix. Stir to coat with the syrup, then toss in the chocolate candies. Allow to cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:2.17, Inflammation Score:-2, Nutrition Score:5.1117391793624%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 237.6kcal (11.88%), Fat: 11.19g (17.22%), Saturated Fat: 5.88g (36.73%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 30.83g (11.21%), Sugar: 17.67g (19.63%), Cholesterol: 10.99mg (3.66%), Sodium: 186.41mg (8.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Manganese: 0.41mg (20.54%), Fiber: 2.58g (10.31%), Vitamin E: 1.32mg (8.78%), Iron: 1.33mg (7.38%), Folate: 29.07µg (7.27%), Vitamin B2: 0.11mg (6.63%), Phosphorus: 66.2mg (6.62%), Vitamin B1: 0.1mg (6.44%), Vitamin B3: 1.24mg (6.21%), Magnesium: 24.74mg (6.19%), Copper: 0.12mg (5.98%), Zinc: 0.64mg (4.29%), Selenium: 2.82µg (4.02%), Potassium: 114.27mg (3.26%), Vitamin K: 3.39µg (3.23%), Calcium: 28.83mg (2.88%), Vitamin B6: 0.05mg (2.62%), Vitamin A: 118.22IU (2.36%), Vitamin B5: 0.16mg (1.55%)