



Original Chex™ Party Mix

READY IN



15 min.

SERVINGS



24

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups cornflakes
- 3 cups rice chex
- 3 cups wheat chex
- 1 cup nuts mixed
- 1 cup pretzels
- 1 cup roasted-garlic bagel chips
- 6 tablespoons butter
- 2 tablespoons worcestershire sauce
- 1.5 teaspoons lawry's seasoned salt

- 0.8 teaspoon garlic powder
- 0.5 teaspoon onion powder

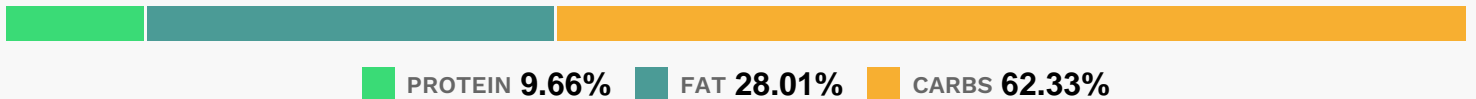
Equipment

- bowl
- paper towels
- microwave

Directions

- In large microwavable bowl, mix cereals, nuts, pretzels and bagel chips; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in seasonings.
- Pour over cereal mixture; stir until evenly coated.
- Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes.
- Spread on paper towels to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:6.99, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:21.011739067409%

Nutrients (% of daily need)

Calories: 246.67kcal (12.33%), Fat: 8.31g (12.79%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 36.64g (13.32%), Sugar: 4.67g (5.19%), Cholesterol: 7.53mg (2.51%), Sodium: 560.25mg (24.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Vitamin D: 25.41µg (169.41%), Folate: 298.51µg (74.63%), Iron: 12.03mg (66.86%), Zinc: 4.08mg (27.2%), Vitamin B3: 4.87mg (24.33%), Vitamin B1: 0.36mg (23.84%), Vitamin B2: 0.4mg (23.58%), Vitamin B6: 0.46mg (23.09%), Vitamin B12: 1.31µg (21.89%), Fiber: 4.98g (19.91%), Manganese: 0.28mg (13.79%), Phosphorus: 135.51mg (13.55%), Magnesium: 42.38mg (10.6%), Vitamin A: 529.01IU (10.58%), Calcium: 83.35mg (8.33%), Vitamin C: 5.55mg (6.72%), Copper: 0.1mg (5.07%), Potassium: 176.18mg (5.03%), Selenium: 1.17µg (1.67%), Vitamin B5: 0.15mg (1.46%)