



HEALTH SCORE

61%

Original Chex® Party Mix



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



24

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup roasted-garlic bagel chips
- ☐ 6 tablespoons butter
- ☐ 3 cups cornflakes
- ☐ 3 cups rice chex
- ☐ 0.8 teaspoon garlic powder
- ☐ 1 cup nuts mixed
- ☐ 0.5 teaspoon onion powder
- ☐ 1 cup pretzels

- ☐ 1.5 teaspoons lawry's seasoned salt
- ☐ 3 cups wheat chex
- ☐ 2 tablespoons worcestershire sauce

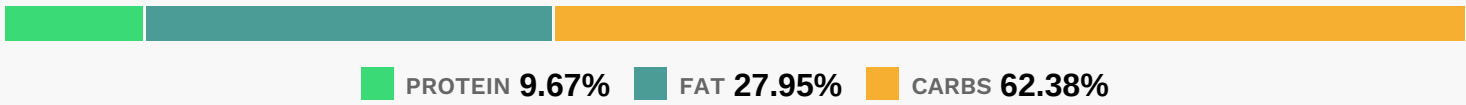
Equipment

- ☐ 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:4.9, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:21.040434928692%

Nutrients (% of daily need)

Calories: 246.74kcal (12.34%), Fat: 8.29g (12.76%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 36.67g (13.33%), Sugar: 4.67g (5.19%), Cholesterol: 0mg (0%), Sodium: 570.75mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.91%), Vitamin D: 25.41µg (169.41%), Folate: 298.44µg (74.61%), Iron: 12.03mg (66.86%), Zinc: 4.08mg (27.18%), Vitamin B3: 4.87mg (24.33%), Vitamin B1: 0.36mg (23.86%), Vitamin B2: 0.4mg (23.59%), Vitamin B6: 0.46mg (23.1%), Vitamin B12: 1.31µg (21.85%), Fiber: 4.98g (19.91%), Manganese: 0.28mg (13.79%), Phosphorus: 135.48mg (13.55%), Vitamin A: 566.74IU (11.33%), Magnesium: 42.42mg (10.6%), Calcium: 83.56mg (8.36%), Vitamin C: 5.55mg (6.73%), Copper: 0.1mg (5.07%), Potassium: 176.81mg (5.05%), Selenium: 1.13µg (1.62%), Vitamin B5: 0.15mg (1.45%)