



Parmesan Cheese Chex® Mix

READY IN



15 min.

SERVINGS



42

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.5 oz butter-flavored microwave popcorn (from 10.5-oz box)
- 3 cups cornflakes
- 3 cups rice chex
- 3 cups wheat chex
- 4 cups round buttery crackers
- 3 tablespoons butter melted
- 0.7 cup parmesan cheese grated

Equipment

ziploc bags

microwave

Directions

Microwave popcorn as directed on bag.

In large resealable food-storage plastic bag, mix cereals, crackers and popcorn.

Drizzle with butter; seal bag. Shake until evenly coated.

Add cheese; seal bag. Shake until evenly coated.

Nutrition Facts



PROTEIN 9.31% **FAT 24.56%** **CARBS 66.13%**

Properties

Glycemic Index:1.54, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:13.870434709217%

Nutrients (% of daily need)

Calories: 126.6kcal (6.33%), Fat: 3.71g (5.71%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 19.87g (7.23%), Sugar: 2.61g (2.9%), Cholesterol: 1.38mg (0.46%), Sodium: 232.89mg (10.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Vitamin D: 14.53µg (96.86%), Folate: 169.82µg (42.46%), Iron: 6.71mg (37.26%), Zinc: 2.33mg (15.55%), Vitamin B1: 0.22mg (14.35%), Vitamin B3: 2.83mg (14.14%), Vitamin B2: 0.24mg (13.91%), Vitamin B6: 0.26mg (13.15%), Vitamin B12: 0.77µg (12.83%), Fiber: 2.63g (10.52%), Phosphorus: 90.81mg (9.08%), Calcium: 66.86mg (6.69%), Manganese: 0.12mg (6.12%), Vitamin A: 304.82IU (6.1%), Magnesium: 19.89mg (4.97%), Vitamin C: 3.01mg (3.64%), Vitamin K: 3µg (2.86%), Potassium: 88.43mg (2.53%), Selenium: 1.53µg (2.19%), Vitamin E: 0.32mg (2.1%), Copper: 0.02mg (1.07%)