



Parmesan Munch Mix

READY IN



20 min.

SERVINGS



24

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter melted
- 6.6 ounces cheddar cheese miniature fish-shaped
- 4 cups cheerios
- 0.5 teaspoon onion salt
- 0.3 cup parmesan cheese grated
- 8 cups popped popcorn
- 3 cups pretzel sticks

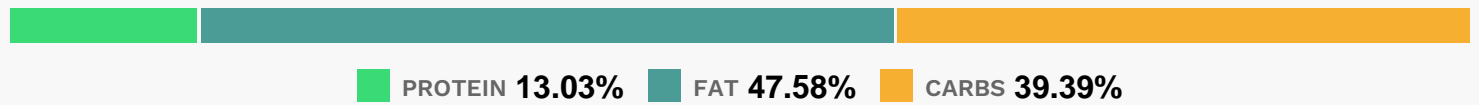
Equipment

- oven
- roasting pan

Directions

- In an ungreased roasting pan, combine the popcorn, Cheerios, pretzels and crackers.
- Combine the remaining ingredients; pour over popcorn mixture and toss to coat.
- Bake, uncovered, at 350° for 10–15 minutes or until lightly browned. Cool completely. Store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:9.43, Glycemic Load:6.07, Inflammation Score:-4, Nutrition Score:4.5617391259774%

Nutrients (% of daily need)

Calories: 112.89kcal (5.64%), Fat: 6.1g (9.39%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 10.24g (3.73%), Sugar: 0.37g (0.41%), Cholesterol: 15.48mg (5.16%), Sodium: 242.42mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Manganese: 0.23mg (11.6%), Folate: 40.59µg (10.15%), Iron: 1.47mg (8.15%), Calcium: 79.76mg (7.98%), Phosphorus: 77.65mg (7.76%), Zinc: 0.99mg (6.59%), Vitamin A: 288.57IU (5.77%), Vitamin B12: 0.34µg (5.65%), Vitamin B1: 0.08mg (5.45%), Vitamin B3: 1.09mg (5.43%), Selenium: 3.78µg (5.4%), Fiber: 1.12g (4.49%), Vitamin B2: 0.07mg (4.05%), Vitamin B6: 0.08mg (4%), Magnesium: 13.83mg (3.46%), Copper: 0.04mg (1.85%), Potassium: 58.51mg (1.67%), Vitamin E: 0.19mg (1.3%), Vitamin D: 0.18µg (1.19%), Vitamin B5: 0.12mg (1.19%), Vitamin C: 0.9mg (1.09%)