



Party Mix with Almonds and Apricots



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



22

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce baked bagel chips low-sodium (3 cups)
- ☐ 2 tablespoons chili powder
- ☐ 3 cups corn-cereal squares crispy (such as Corn Chex)
- ☐ 6 ounce apricots dried cut into quarters
- ☐ 1 tablespoon ground cumin
- ☐ 3 cups sourdough pretzel nuggets fat-free
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup slivered almonds

Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 25
- ☐ Combine first 4 ingredients.
- ☐ Spread pretzel mixture in a jelly-roll pan.
- ☐ Combine the chili powder, cumin, and salt. Lightly coat pretzel mixture with cooking spray; sprinkle with the chili powder mixture.
- ☐ Bake at 250 for 15 minutes, and stir in apricots.
- ☐ Bake for an additional 30 minutes, stirring once.

Nutrition Facts



Properties

Glycemic Index:2.2, Glycemic Load:1.46, Inflammation Score:-4, Nutrition Score:4.0447826230008%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg 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: 171.04kcal (8.55%), Fat: 3.78g (5.82%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 28.78g (10.46%), Sugar: 7.62g (8.47%), Cholesterol: 2.19mg (0.73%), Sodium: 464.69mg (20.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin A: 587.91IU (11.76%), Iron: 2.01mg (11.14%), Vitamin E: 1.25mg (8.36%), Fiber: 1.99g (7.97%), Vitamin B2: 0.1mg (5.85%), Vitamin B3: 1.07mg (5.35%), Manganese:

0.1mg (5.11%), Vitamin B6: 0.1mg (4.96%), Vitamin B1: 0.06mg (4.06%), Folate: 15.72µg (3.93%), Potassium: 133.16mg (3.8%), Copper: 0.07mg (3.45%), Vitamin B12: 0.19µg (3.18%), Magnesium: 12.67mg (3.17%), Calcium: 24.78mg (2.48%), Phosphorus: 24.73mg (2.47%), Zinc: 0.19mg (1.26%), Vitamin C: 0.91mg (1.1%), Selenium: 0.75µg (1.07%)