



 **59%**  
HEALTH SCORE

## Party Snack Mix

 Dairy Free  Very Healthy

READY IN



80 min.

SERVINGS



24

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 cups cornflakes
- 2 cups wheat chex
- 2 cups pretzel sticks
- 2 cups peanuts mixed spanish
- 0.5 cup butter melted
- 1 tablespoon worcestershire sauce
- 0.1 teaspoon hot sauce hot
- 1 teaspoon salt

0.3 teaspoon garlic powder

## Equipment

bowl

frying pan

oven

## Directions

Heat oven to 325°F. In large bowl, mix cereals, pretzel sticks and peanuts.

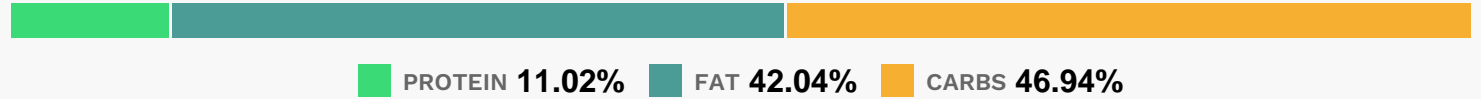
In small bowl, mix butter, Worcestershire sauce, hot pepper sauce, salt and garlic powder.

Pour over cereal mixture; toss to coat.

Spread in ungreased 15x10x1-inch pan.

Bake 25 to 30 minutes or until lightly toasted, stirring occasionally. Cool 30 minutes. Store in tightly covered container.

## Nutrition Facts



## Properties

Glycemic Index:4.26, Glycemic Load:3.09, Inflammation Score:-7, Nutrition Score:17.733043442602%

## Nutrients (% of daily need)

Calories: 205.7kcal (10.28%), Fat: 10.42g (16.02%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 22.17g (8.06%), Sugar: 2.71g (3.02%), Cholesterol: 0mg (0%), Sodium: 359.09mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Vitamin D: 16.94µg (112.95%), Folate: 222.21µg (55.55%), Iron: 8.12mg (45.1%), Vitamin B3: 5.12mg (25.61%), Vitamin B1: 0.32mg (21.52%), Manganese: 0.37mg (18.66%), Zinc: 2.56mg (17.05%), Vitamin B6: 0.34mg (17%), Vitamin B2: 0.28mg (16.7%), Fiber: 3.99g (15.95%), Vitamin B12: 0.87µg (14.45%), Phosphorus: 122.5mg (12.25%), Magnesium: 43.08mg (10.77%), Vitamin A: 462.78IU (9.26%), Copper: 0.13mg (6.38%), Calcium: 58.59mg (5.86%), Potassium: 188.15mg (5.38%), Vitamin C: 3.71mg (4.5%), Vitamin B5: 0.25mg (2.46%), Selenium: 1.48µg (2.11%), Vitamin E: 0.17mg (1.17%)