



HEALTH SCORE

60%

Peppy Chex® Party Mix



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



24

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1.5 teaspoons lawry's seasoned salt
- ☐ 2 teaspoons hot sauce red
- ☐ 3 cups cornflakes
- ☐ 3 cups rice chex
- ☐ 3 cups wheat chex
- ☐ 1 cup nuts mixed

- ☐ 1 cup pretzels
- ☐ 1 cup roasted-garlic bagel chips

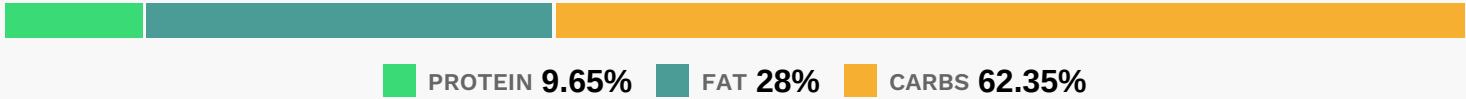
Equipment

- ☐ paper towels
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 250°F.
- ☐ In ungreased large roasting pan, melt butter in oven. Stir in Worcestershire sauce, seasoned salt and pepper sauce. Gradually stir in remaining ingredients until evenly coated.
- ☐ Bake uncovered 1 hour, stirring every 15 minutes.
- ☐ Spread on paper towels to cool, about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:21.031739201883%

Nutrients (% of daily need)

Calories: 246.33kcal (12.32%), Fat: 8.29g (12.76%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 36.59g (13.31%), Sugar: 4.67g (5.19%), Cholesterol: 0mg (0%), Sodium: 579.47mg (25.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Vitamin D: 25.41µg (169.41%), Folate: 298.39µg (74.6%), Iron: 12.03mg (66.83%), Zinc: 4.07mg (27.16%), Vitamin B3: 4.87mg (24.33%), Vitamin B1: 0.36mg (23.82%), Vitamin B2: 0.4mg (23.59%), Vitamin B6: 0.46mg (23.04%), Vitamin B12: 1.31µg (21.85%), Fiber: 4.96g (19.85%), Manganese: 0.27mg (13.73%), Phosphorus: 134.99mg (13.5%), Vitamin A: 567.28IU (11.35%), Magnesium: 42.31mg (10.58%), Calcium: 83.35mg (8.33%), Vitamin C: 5.79mg (7.02%), Copper: 0.1mg (5.03%), Potassium: 175.76mg (5.02%), Selenium: 1.11µg (1.58%), Vitamin B5: 0.14mg (1.44%)