



 **73%**  
HEALTH SCORE

## Philly Cheesesteak Chex Mix

 Very Healthy

READY IN



5 min.

SERVINGS



16

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 cups wheat chex
- 6 oz fried onions
- 0.5 cup provolone cheese cubed
- 6.5 oz beef jerky cut in half
- 2 tablespoons cheese

### Equipment

- bowl

## Directions

- In large bowl, mix cereal and French-fried onions.
- Just before serving, stir in cheese cubes and jerky.
- Top with cheese powder.

## Nutrition Facts



**PROTEIN 12.43%** **FAT 24.23%** **CARBS 63.34%**

## Properties

Glycemic Index:3.38, Glycemic Load:0.04, Inflammation Score:-9, Nutrition Score:31.343478188567%

## Nutrients (% of daily need)

Calories: 387.48kcal (19.37%), Fat: 11.42g (17.56%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 67.17g (22.39%), Net Carbohydrates: 57.53g (20.92%), Sugar: 8.93g (9.92%), Cholesterol: 10.25mg (3.42%), Sodium: 760.53mg (33.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.35%), Vitamin D: 62.97µg (419.8%), Folate: 645.44µg (161.36%), Iron: 23.3mg (129.45%), Zinc: 9.39mg (62.62%), Vitamin B12: 2.55µg (42.56%), Vitamin B2: 0.71mg (41.55%), Vitamin B1: 0.61mg (40.6%), Vitamin B6: 0.81mg (40.57%), Vitamin B3: 8.07mg (40.36%), Fiber: 9.64g (38.57%), Phosphorus: 311.84mg (31.18%), Calcium: 204mg (20.4%), Magnesium: 70.44mg (17.61%), Vitamin A: 841.37IU (16.83%), Vitamin C: 9.44mg (11.44%), Potassium: 343.31mg (9.81%), Selenium: 2.36µg (3.37%), Copper: 0.03mg (1.39%)