



Pizza-ria Chex Mix

READY IN



5 min.

SERVINGS



14

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8.8 oz asian rice cracker snack mix traditional chex mix®
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 cup mozzarella cheese cubed
- ☐ 0.5 cup parmesan shaved
- ☐ 1 cup pepperoni mini

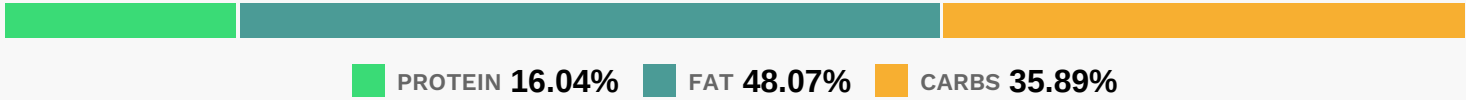
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix all ingredients together.
- ☐ Serve immediately and enjoy. Store any remaining in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.86, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:4.5634782605845%

Nutrients (% of daily need)

Calories: 154.58kcal (7.73%), Fat: 8.22g (12.65%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.77g (4.64%), Sugar: 1.41g (1.57%), Cholesterol: 17.29mg (5.76%), Sodium: 358.23mg (15.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.35%), Manganese: 0.2mg (10.02%), Phosphorus: 96.14mg (9.61%), Calcium: 93.58mg (9.36%), Selenium: 5.75µg (8.21%), Vitamin B3: 1.32mg (6.58%), Vitamin B2: 0.11mg (6.56%), Vitamin B1: 0.09mg (5.92%), Vitamin B12: 0.35µg (5.89%), Folate: 22.49µg (5.62%), Zinc: 0.83mg (5.51%), Iron: 0.96mg (5.34%), Vitamin K: 4.5µg (4.29%), Fiber: 1.03g (4.13%), Vitamin B6: 0.07mg (3.49%), Magnesium: 13.84mg (3.46%), Vitamin B5: 0.21mg (2.06%), Copper: 0.04mg (2%), Potassium: 69.36mg (1.98%), Vitamin A: 97.04IU (1.94%), Vitamin E: 0.28mg (1.88%), Vitamin D: 0.15µg (1.03%)