



WHATSheATE



Red Hot Chex Mix

READY IN



5 min.

SERVINGS



14

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cheese
- ☐ 8.8 oz asian rice cracker snack mix chex mix®
- ☐ 2 tablespoons parmesan shredded
- ☐ 2 cups popped popcorn
- ☐ 1 teaspoon taco seasoning (from 1-oz package)

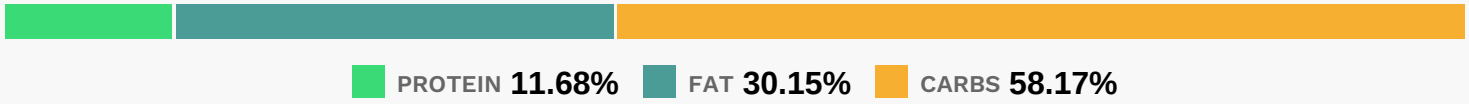
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix snack mix, popcorn and cheese crackers. Just before serving, sprinkle with cheese and seasoning mix; toss to coat thoroughly.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:3.0669565083378%

Nutrients (% of daily need)

Calories: 101.2kcal (5.06%), Fat: 3.4g (5.23%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 13.51g (4.91%), Sugar: 1.34g (1.48%), Cholesterol: 5.23mg (1.74%), Sodium: 161.86mg (7.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.93%), Manganese: 0.16mg (8.2%), Phosphorus: 59.19mg (5.92%), Folate: 22.47µg (5.62%), Fiber: 1.26g (5.03%), Iron: 0.84mg (4.68%), Vitamin B3: 0.93mg (4.67%), Calcium: 45.96mg (4.6%), Vitamin B2: 0.08mg (4.56%), Vitamin B1: 0.07mg (4.41%), Selenium: 2.54µg (3.63%), Zinc: 0.51mg (3.41%), Magnesium: 12.7mg (3.18%), Vitamin K: 2.73µg (2.6%), Vitamin B6: 0.04mg (2%), Copper: 0.04mg (1.76%), Vitamin E: 0.21mg (1.4%), Potassium: 45.97mg (1.31%), Vitamin B12: 0.07µg (1.24%), Vitamin B5: 0.11mg (1.1%)