



Red Hot Chex Mix

READY IN



5 min.

SERVINGS



14

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 8.8 oz asian rice cracker snack mix chex mix®
- ☐ 2 cups popped popcorn
- ☐ 0.5 cup round buttery crackers
- ☐ 2 tablespoons parmesan shredded
- ☐ 6.3 oz taco seasoning

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:6.67, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:4.7943478157015%

Nutrients (% of daily need)

Calories: 119.05kcal (5.95%), Fat: 2.53g (3.88%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 19.46g (7.08%), Sugar: 3.87g (4.3%), Cholesterol: 1.19mg (0.4%), Sodium: 1174.88mg (51.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin A: 1195.92IU (23.92%), Fiber: 3.68g (14.74%), Iron: 1.79mg (9.92%), Manganese: 0.18mg (8.76%), Vitamin C: 5.71mg (6.92%), Folate: 23.17µg (5.79%), Vitamin B3: 1.04mg (5.18%), Vitamin B1: 0.07mg (4.96%), Phosphorus: 46.55mg (4.66%), Vitamin B2: 0.07mg (3.84%), Vitamin K: 3.71µg (3.53%), Magnesium: 12.02mg (3.01%), Zinc: 0.38mg (2.51%), Selenium: 1.5µg (2.14%), Calcium: 20.73mg (2.07%), Vitamin B6: 0.04mg (1.92%), Copper: 0.04mg (1.83%), Vitamin E: 0.25mg (1.7%), Potassium: 45.41mg (1.3%), Vitamin B5: 0.1mg (1.02%)