



Reindeer Snack

READY IN



25 min.

SERVINGS



18

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter melted
- 1 cup corn flakes/bran flakes
- 0.5 teaspoon chili powder
- 1 garlic powder very finely chopped
- 3 cups nacho cheese dip bugles®
- 3 cups popped popcorn
- 2 cups pretzel sticks

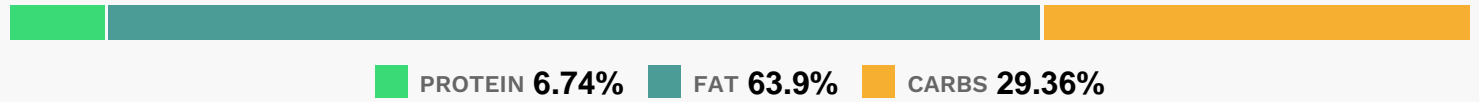
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 300F.
- In large bowl, mix popcorn, snacks, pretzels and cereal. In small bowl, mix remaining ingredients.
- Drizzle over popcorn mixture, tossing until evenly coated.
- Spread in ungreased 15x10x1-inch pan.
- Bake uncovered 15 minutes, stirring twice; cool. Store loosely covered at room temperature up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:12.59, Glycemic Load:5.75, Inflammation Score:-4, Nutrition Score:2.8156521741463%

Nutrients (% of daily need)

Calories: 146.13kcal (7.31%), Fat: 10.76g (16.56%), Saturated Fat: 2.32g (14.53%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 10.22g (3.72%), Sugar: 2.15g (2.39%), Cholesterol: 3.55mg (1.18%), Sodium: 453.62mg (19.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Vitamin A: 437.34IU (8.75%), Manganese: 0.16mg (7.96%), Folate: 26.74µg (6.68%), Iron: 0.98mg (5.44%), Vitamin B1: 0.06mg (3.87%), Vitamin B3: 0.75mg (3.75%), Fiber: 0.91g (3.63%), Vitamin B2: 0.06mg (3.26%), Calcium: 32.43mg (3.24%), Phosphorus: 25.87mg (2.59%), Magnesium: 9.78mg (2.45%), Vitamin B6: 0.05mg (2.39%), Selenium: 1.47µg (2.09%), Vitamin B12: 0.12µg (1.92%), Zinc: 0.24mg (1.58%), Vitamin E: 0.2mg (1.36%), Copper: 0.03mg (1.32%), Potassium: 35.26mg (1.01%)