



## Reindeer Snack

READY IN



25 min.

SERVINGS



18

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup cheerios cheerios®
- ☐ 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

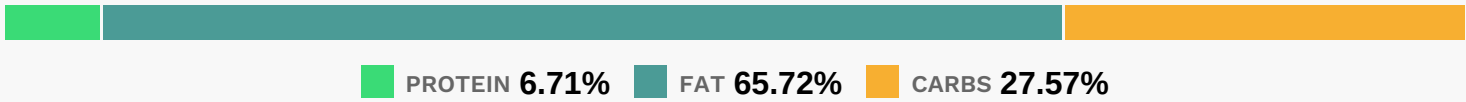
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 300°F.
- ☐ 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:8.57, Glycemic Load:4.75, Inflammation Score:-4, Nutrition Score:2.2004347754561%

## Nutrients (% of daily need)

Calories: 143.18kcal (7.16%), Fat: 10.79g (16.6%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 9.57g (3.48%), Sugar: 1.79g (1.99%), Cholesterol: 3.55mg (1.18%), Sodium: 447.42mg (19.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin A: 420.27IU (8.41%), Manganese: 0.12mg (6.07%), Folate: 20.24µg (5.06%), Iron: 0.69mg (3.85%), Calcium: 35.62mg (3.56%), Vitamin B1: 0.04mg (2.95%), Vitamin B3: 0.59mg (2.93%), Fiber: 0.62g (2.48%), Phosphorus: 20.06mg (2.01%), Zinc: 0.28mg (1.88%), Vitamin B6: 0.03mg (1.54%), Magnesium: 6.03mg (1.51%), Vitamin B2: 0.03mg (1.5%), Vitamin B12: 0.08µg (1.39%), Vitamin E: 0.19mg (1.27%)