



Reindeer Snack Mix

READY IN



75 min.

SERVINGS



9

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 0.8 teaspoon cajun spice
- 0.3 teaspoon ground pepper
- 1 cup corn chex corn chex®
- 1 cup bite-size wheat shredded
- 2 cups round buttery crackers square-shaped cheese flavored
- 1 tablespoon maple syrup
- 1 cup pecans
- 2 cups pretzel sticks

1.5 teaspoons worcestershire sauce

Equipment

bowl

oven

baking pan

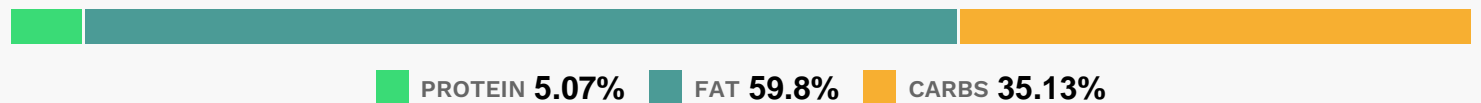
Directions

In a large bowl, combine the first six ingredients. In another bowl, combine the butter, syrup, Worcestershire sauce, Cajun seasoning and cayenne; pour over cereal mixture and toss to coat.

Transfer to an ungreased 15-in. x 10-in. x 1-in. baking pan.

Bake, uncovered, at 250 degrees F for 1 hour, stirring every 15 minutes.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:8.56, Inflammation Score:-5, Nutrition Score:9.2943478148916%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 317.58kcal (15.88%), Fat: 21.84g (33.59%), Saturated Fat: 7.98g (49.87%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 26.21g (9.53%), Sugar: 3.69g (4.1%), Cholesterol: 27.11mg (9.04%), Sodium: 391.41mg (17.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Manganese: 0.88mg (44.05%), Vitamin B1: 0.24mg (16.17%), Folate: 59.61µg (14.9%), Iron: 2.59mg (14.42%), Vitamin B3: 2.3mg (11.5%), Phosphorus: 110.88mg (11.09%), Vitamin A: 538.43IU (10.77%), Vitamin B2: 0.18mg (10.7%), Fiber: 2.65g (10.59%), Copper: 0.2mg (9.76%), Zinc: 1.32mg (8.8%), Vitamin K: 8.55µg (8.14%), Vitamin B6: 0.16mg (8.07%), Magnesium: 28.52mg (7.13%), Vitamin

E: 1.04mg (6.97%), Calcium: 52.31mg (5.23%), Potassium: 136.08mg (3.89%), Selenium: 2.28µg (3.26%), Vitamin B12: 0.19µg (3.11%), Vitamin B5: 0.24mg (2.37%), Vitamin C: 1.75mg (2.12%)