



Salt and Vinegar Chex® Mix



Dairy Free



Popular

READY IN



30 min.

SERVINGS



24

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups cornflakes
- ☐ 3 cups rice chex
- ☐ 3 cups round buttery crackers
- ☐ 0.3 cup butter
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon onion powder

☐ 4 cups potato chips

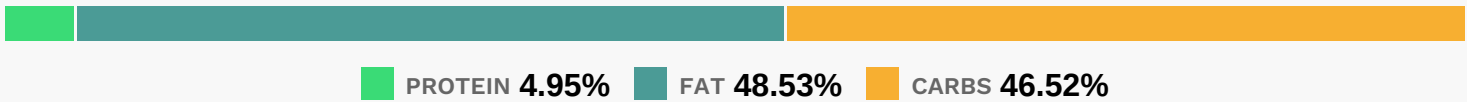
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ In large microwavable bowl, mix cereals and crackers; set aside. In small microwavable bowl, microwave butter uncovered on High about 45 seconds or until melted. Stir in Worcestershire sauce, seasoned salt, garlic powder and onion powder.
- ☐ Pour over cereal mixture; stir until evenly coated.
- ☐ Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes.
- ☐ Spread on paper towels to cool, about 15 minutes. In large bowl or resealable food-storage plastic bag, gently toss together cereal mixture and potato chips. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:0.21, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.7073912879695%

Nutrients (% of daily need)

Calories: 155.24kcal (7.76%), Fat: 8.54g (13.14%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 17.62g (6.41%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 322.08mg (14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Iron: 2.69mg (14.97%), Manganese: 0.26mg (13.12%), Vitamin E: 1.83mg (12.17%), Folate: 47.14µg (11.78%), Vitamin B3: 2.3mg (11.49%), Vitamin B1: 0.16mg (10.55%), Vitamin B6: 0.21mg (10.31%), Vitamin B2: 0.14mg (8.32%), Vitamin B5: 0.7mg (7.04%), Vitamin K: 6.92µg (6.59%), Vitamin B12: 0.37µg (6.1%), Potassium: 198.78mg (5.68%), Vitamin C: 4.65mg (5.63%), Phosphorus: 52.01mg (5.2%), Zinc: 0.71mg (4.72%), Vitamin A: 210.16IU (4.2%), Magnesium: 12.96mg (3.24%), Fiber: 0.8g (3.21%), Copper: 0.06mg (3.01%), Calcium: 28.84mg (2.88%), Selenium: 1.67µg (2.39%), Vitamin D: 0.25µg (1.67%)