



Savory Kix® Mix

READY IN



60 min.

SERVINGS



8

CALORIES



490 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 6 cups corn flakes/bran flakes kix®
- ☐ 1.5 tablespoons dijon mustard
- ☐ 6 cups pretzel twists
- ☐ 1.5 cups roasted peanuts salted
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons worcestershire sauce

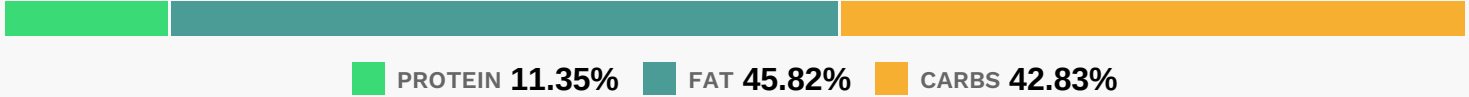
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Heat oven to 400F. In large bowl, stir together cereal, pretzels and peanuts; set aside.
- ☐ In 1-quart saucepan, melt butter over medium-high heat. Stir in soy sauce, Worcestershire sauce and mustard.
- ☐ Pour over cereal mixture; stir until well coated.
- ☐ Spread on ungreased large cookie sheet.
- ☐ Bake 15 to 20 minutes, stirring every 5 minutes. Cool completely, about 30 minutes. Store in large food-storage plastic bag, reusable container, or pretty glass jar.

Nutrition Facts



Properties

Glycemic Index:31.53, Glycemic Load:33.92, Inflammation Score:-9, Nutrition Score:28.346521688544%

Nutrients (% of daily need)

Calories: 490.36kcal (24.52%), Fat: 26.6g (40.92%), Saturated Fat: 9.61g (60.08%), Carbohydrates: 55.93g (18.64%), Net Carbohydrates: 46.74g (17%), Sugar: 6.88g (7.65%), Cholesterol: 30.5mg (10.17%), Sodium: 1258.18mg (54.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.65%), Manganese: 2.06mg (103.02%), Folate: 294.55µg (73.64%), Iron: 10.93mg (60.72%), Vitamin B3: 11.12mg (55.58%), Vitamin B1: 0.63mg (41.68%), Fiber: 9.19g (36.76%), Vitamin B2: 0.57mg (33.67%), Magnesium: 129.02mg (32.26%), Vitamin B6: 0.62mg (31.03%), Phosphorus: 299.86mg (29.99%), Selenium: 20.38µg (29.12%), Vitamin B12: 1.52µg (25.4%), Vitamin A: 1109.9IU (22.2%), Copper: 0.4mg (20.05%), Zinc: 2.45mg (16.33%), Potassium: 500.4mg (14.3%), Vitamin B5: 0.8mg (8.01%), Vitamin D: 0.99µg (6.6%), Calcium: 60.36mg (6.04%), Vitamin E: 0.72mg (4.82%), Vitamin K: 2.39µg (2.28%), Vitamin C: 1.23mg (1.49%)