



Savory Snacktime Chex® Mix

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups corn flakes/bran flakes (any variety)
- ☐ 2 cups corn flakes/bran flakes
- ☐ 2 cups pretzels
- ☐ 1 cup peanuts
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon garlic salt

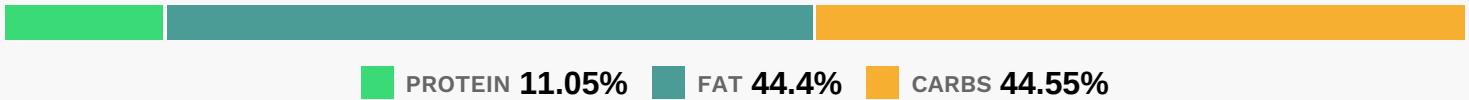
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, mix cereals, pretzels and peanuts.
- ☐ In 2-cup microwavable measuring cup, microwave butter on High about 40 seconds or until melted. Stir in remaining ingredients.
- ☐ Pour over cereal mixture; stir until evenly coated.
- ☐ Microwave uncovered on High 4 to 5 minutes, stirring every 2 minutes, until mixture just begins to brown.
- ☐ Spread on paper towels to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:17.12, Glycemic Load:11.7, Inflammation Score:-6, Nutrition Score:10.379130463237%

Nutrients (% of daily need)

Calories: 159.88kcal (7.99%), Fat: 8.43g (12.96%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 15.74g (5.72%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 320.02mg (13.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Manganese: 0.74mg (36.97%), Folate: 114.01µg (28.5%), Iron: 3.94mg (21.91%), Vitamin B3: 3.92mg (19.58%), Vitamin B1: 0.25mg (16.75%), Fiber: 3.29g (13.14%), Vitamin B2: 0.2mg (11.91%), Magnesium: 46.32mg (11.58%), Vitamin B6: 0.23mg (11.31%), Phosphorus: 101.28mg (10.13%), Selenium: 6.78µg (9.69%), Vitamin A: 468.56IU (9.37%), Vitamin B12: 0.54µg (8.95%), Copper: 0.16mg (8.04%), Zinc: 0.86mg (5.72%), Potassium: 166.77mg (4.76%), Vitamin B5: 0.31mg (3.07%), Vitamin D: 0.35µg (2.35%), Calcium: 20.59mg (2.06%), Vitamin E: 0.29mg (1.93%)