



Scary Barbecue Snack Mix

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



415 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6.5 ounces almonds
- ☐ 0.5 cup barbecue sauce
- ☐ 3.8 ounces cheddar cheese fish-shaped
- ☐ 2 teaspoons chili powder
- ☐ 2.8 ounces tortilla chips blue
- ☐ 2 teaspoons garlic powder
- ☐ 6 cups popped popcorn ()
- ☐ 2 teaspoons paprika smoked (sometimes labeled pimentón dulce)

- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon all the tabasco sauce you handle
- ☐ 0.5 cup butter unsalted
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Heat oven to 300°F with rack in middle. Grease rimmed baking sheet with oil.
- ☐ Combine popcorn, tortilla chips, cheese crackers, and corn nuts in a large bowl.
- ☐ Melt butter in a small saucepan over medium heat.
- ☐ Remove pan from heat and whisk in barbecue sauce, Worcestershire sauce, sugar, paprika, chili and garlic powders, and Tabasco, if using.
- ☐ Drizzle barbecue sauce mixture over snack mix and stir until combined well.
- ☐ Evenly spread mixture in baking sheet and bake, stirring and turning mixture over every 10 minutes, for a total of 40 minutes. Cool in pan on a wire rack (it will crisp as it cools), then break into pieces.
- ☐ •Snack mix keeps in an airtight container for up to 1 week. •If you want to pop your own popcorn, we recommend using a hot-air popper. To end up with at least 6 cups, use 1/4 cup kernels.

Nutrition Facts



 **PROTEIN 9.51%**  **FAT 62.87%**  **CARBS 27.62%**

Properties

Glycemic Index:24.18, Glycemic Load:5.9, Inflammation Score:-7, Nutrition Score:12.863043629605%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 415.44kcal (20.77%), Fat: 30.18g (46.42%), Saturated Fat: 11.07g (69.18%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 24.66g (8.97%), Sugar: 10.31g (11.46%), Cholesterol: 43.79mg (14.6%), Sodium: 330.81mg (14.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.54%), Vitamin E: 7.18mg (47.86%), Manganese: 0.67mg (33.33%), Phosphorus: 236.75mg (23.68%), Magnesium: 90.78mg (22.69%), Vitamin B2: 0.36mg (21.37%), Fiber: 5.18g (20.72%), Vitamin A: 939.95IU (18.8%), Calcium: 180.36mg (18.04%), Copper: 0.3mg (15.11%), Zinc: 1.71mg (11.37%), Iron: 1.68mg (9.34%), Potassium: 305.34mg (8.72%), Selenium: 5.84µg (8.35%), Vitamin B3: 1.35mg (6.73%), Vitamin B6: 0.12mg (5.95%), Vitamin B1: 0.08mg (5.66%), Folate: 18.25µg (4.56%), Vitamin K: 4.72µg (4.49%), Vitamin B5: 0.39mg (3.88%), Vitamin B12: 0.17µg (2.75%), Vitamin D: 0.29µg (1.95%)