



Seaside Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



18

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups cornflakes
- ☐ 3 cups rice chex
- ☐ 2 cups pretzels
- ☐ 2 cups nuts mixed salted
- ☐ 6 tablespoons butter
- ☐ 2 tablespoons worcestershire sauce
- ☐ 4 teaspoons seafood seasoning

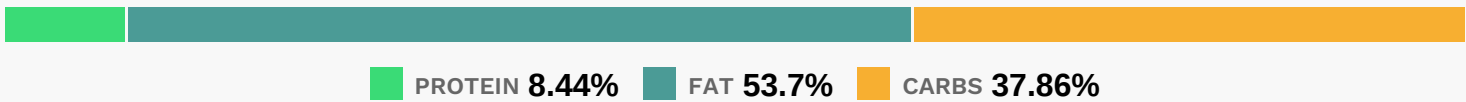
Equipment

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

Directions

- ☐ In large microwavable bowl, mix cereals, pretzel pieces and nuts.
- ☐ In 1-cup microwavable measuring cup, microwave butter uncovered on High about 40 seconds or until melted. Stir in Worcestershire sauce and seafood seasoning.
- ☐ Pour over cereal mixture; stir until evenly coated.
- ☐ Microwave uncovered on High 3 to 4 minutes, thoroughly stirring after every minute.
- ☐ Spread on two 15x10x1-inch pans or paper towels to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:6.26, Glycemic Load:6.46, Inflammation Score:-5, Nutrition Score:9.2126086846642%

Nutrients (% of daily need)

Calories: 199.08kcal (9.95%), Fat: 12.39g (19.06%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 17.62g (6.41%), Sugar: 1.2g (1.34%), Cholesterol: 0mg (0%), Sodium: 251.25mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Manganese: 0.59mg (29.61%), Iron: 4.1mg (22.8%), Folate: 74.9µg (18.73%), Vitamin B3: 2.92mg (14.58%), Vitamin B1: 0.2mg (13.18%), Copper: 0.25mg (12.35%), Vitamin B2: 0.21mg (12.32%), Vitamin B6: 0.23mg (11.35%), Magnesium: 43.13mg (10.78%), Phosphorus: 95.36mg (9.54%), Zinc: 1.39mg (9.27%), Vitamin B12: 0.49µg (8.16%), Fiber: 2.04g (8.15%), Vitamin A: 349.2IU (6.98%), Potassium: 151.75mg (4.34%), Calcium: 38.33mg (3.83%), Vitamin K: 3.89µg (3.71%), Vitamin C: 2.54mg (3.08%), Vitamin B5: 0.3mg (3.04%), Selenium: 1.7µg (2.43%), Vitamin D: 0.33µg (2.23%), Vitamin E: 0.22mg (1.43%)