

Slow Cooker Bar-B-Q Party Mix

READY IN



75 min.

SERVINGS



16

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons barbeque sauce
- 0.3 cup butter melted
- 1 cup cheese-flavored crackers (such as Cheez-It®)
- 2 cups corn cereal squares crispy corn chex® (such as)
- 2 cups rice cereal squares crispy rice chex® (such as)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 cup pretzels mini
- 0.5 teaspoon hickory bacon-flavored salt

- 2 cups wheat cereal squares crispy wheat chex® (such as)
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- baking sheet
- slow cooker

Directions

- Mix corn cereal, wheat cereal, rice cereal, cheese-flavored crackers, and pretzels in a gallon-sized resealable bag; seal and toss to mix.
- Stir butter, barbeque sauce, Worcestershire sauce, onion powder, garlic powder, and salt together in a bowl.
- Pour half the butter mixture into the cereal mixture; seal bag and shake until well combined.
- Pour remaining liquid mixture into cereal mixture; seal bag and shake until cereal mixture is well coated.
- Pour coated cereal mixture into the slow cooker.
- Cook on Low, stirring every 15 minutes, for 30 minutes. Turn temperature to High and cook for 15 minutes. Stir and cook uncovered until coating has cooked into cereal mixture, 20 to 25 more minutes.
- Spread party mixture onto a baking sheet until cooled and dried.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:3.2, Inflammation Score:-7, Nutrition Score:18.751304403595%

Nutrients (% of daily need)

Calories: 191.63kcal (9.58%), Fat: 4.57g (7.03%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 37.47g (12.49%), Net Carbohydrates: 33.24g (12.09%), Sugar: 4.85g (5.38%), Cholesterol: 7.63mg (2.54%), Sodium: 436.43mg (18.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.87%), Vitamin D: 25.29µg (168.58%), Folate:

280.01µg (70%), Iron: 10.68mg (59.33%), Zinc: 3.46mg (23.07%), Vitamin B1: 0.33mg (22.3%), Vitamin B3: 4.33mg (21.66%), Vitamin B2: 0.36mg (21.11%), Vitamin B6: 0.39mg (19.45%), Vitamin B12: 1.12µg (18.75%), Fiber: 4.23g (16.93%), Phosphorus: 121.07mg (12.11%), Vitamin A: 472.24IU (9.44%), Magnesium: 30.31mg (7.58%), Calcium: 74.93mg (7.49%), Vitamin C: 4.93mg (5.98%), Potassium: 157.58mg (4.5%), Manganese: 0.08mg (3.96%), Vitamin K: 2.33µg (2.22%), Vitamin E: 0.26mg (1.76%), Copper: 0.03mg (1.63%), Selenium: 1.07µg (1.52%)