



Slow-Cooker Smoky Snack Mix

 Dairy Free

READY IN



155 min.

SERVINGS



34

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups cornflakes
- ☐ 3 cups almonds whole
- ☐ 10 oz oyster crackers
- ☐ 9.5 oz round buttery crackers
- ☐ 0.5 cup butter melted
- ☐ 2 tablespoons liquid smoke
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon lawry's seasoned salt

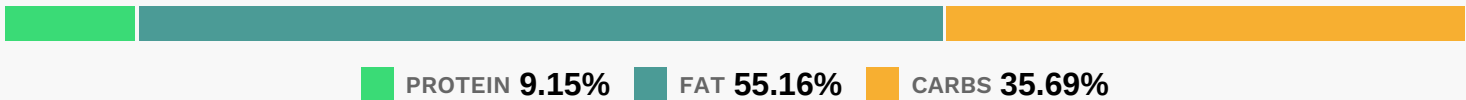
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In 6-quart slow cooker, combine cereal, almonds, oyster crackers and cheese crackers. In small bowl, combine all remaining ingredients; mix well.
- ☐ Pour butter mixture over cereal mixture; toss to coat.
- ☐ Cook, uncovered, on High setting for 2 1/2 hours, stirring thoroughly every 30 minutes.
- ☐ To serve warm, unplug slow cooker.
- ☐ Serve with large spoon.

Nutrition Facts



Properties

Glycemic Index:0.29, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:7.5047825782195%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 183.03kcal (9.15%), Fat: 11.56g (17.78%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 14.72g (5.35%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 280.8mg (12.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Vitamin E: 3.71mg (24.74%), Manganese: 0.41mg (20.33%), Vitamin B2: 0.26mg (15.14%), Iron: 2.27mg (12.59%), Vitamin B1: 0.16mg (10.95%), Vitamin B3: 1.97mg (9.87%), Magnesium: 38.94mg (9.74%), Phosphorus: 95.25mg (9.52%), Folate: 34.26µg (8.57%), Fiber: 2.1g (8.41%), Copper: 0.16mg (7.95%), Vitamin K: 6.08µg (5.79%), Calcium: 49.47mg (4.95%), Vitamin B6: 0.09mg (4.42%), Potassium:

125.54mg (3.59%), Vitamin A: 178.85IU (3.58%), Zinc: 0.53mg (3.56%), Vitamin B12: 0.18µg (2.93%), Selenium:
2.02µg (2.88%), Vitamin B5: 0.14mg (1.38%)