



 **82%**  
HEALTH SCORE

## Smoky Chex Mix

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



24

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 5 cups rice chex
- 4 cups wheat chex
- 12 cups pretzel sticks
- 0.3 cup butter
- 1 tablespoon penzey's southwest seasoning
- 1 tablespoon liquid smoke
- 2 cups liquid smoke

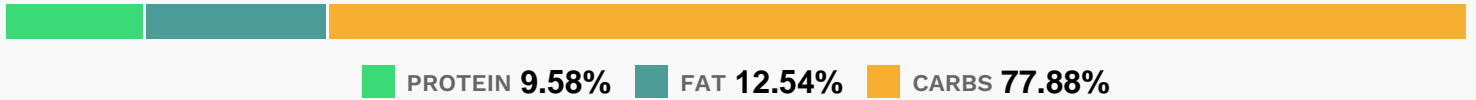
## Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

## Directions

- In large microwavable bowl, mix cereals and pretzels.
- In 1-cup microwavable measuring cup, microwave butter uncovered on High 30 to 40 seconds or until melted. Stir in pepper seasoning and liquid smoke.
- Pour over cereal mixture; toss to evenly coat.
- Microwave uncovered on High 3 to 4 minutes, stirring every minute until cereal begins to lightly brown.
- Spread on waxed paper or foil to cool. Stir in almonds. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:3.67, Glycemic Load:17.9, Inflammation Score:-8, Nutrition Score:26.52130441562%

## Nutrients (% of daily need)

Calories: 287.15kcal (14.36%), Fat: 4.33g (6.66%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 60.47g (20.16%), Net Carbohydrates: 54.11g (19.68%), Sugar: 5.29g (5.87%), Cholesterol: 0mg (0%), Sodium: 694.16mg (30.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Vitamin D: 33.76µg (225.04%), Folate: 429.43µg (107.36%), Iron: 15.46mg (85.91%), Zinc: 5.49mg (36.62%), Vitamin B1: 0.51mg (34.19%), Vitamin B3: 6.74mg (33.7%), Vitamin B2: 0.54mg (32%), Vitamin B6: 0.55mg (27.55%), Vitamin B12: 1.58µg (26.27%), Fiber: 6.36g (25.43%), Manganese: 0.49mg (24.67%), Phosphorus: 171.63mg (17.16%), Vitamin A: 646.78IU (12.94%), Calcium: 123.03mg (12.3%), Magnesium: 45.11mg (11.28%), Vitamin C: 6.89mg (8.35%), Potassium: 224.73mg (6.42%), Vitamin K: 4.67µg (4.45%), Selenium: 2.36µg (3.37%), Copper: 0.06mg (3.11%), Vitamin E: 0.36mg (2.41%), Vitamin B5: 0.19mg (1.86%)