



WHATSheATE



HEALTH SCORE

76%

Smoky Chex Mix



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



24

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups almonds
- ☐ 0.3 cup butter
- ☐ 4 cups wheat chex wheat chex®
- ☐ 5 cups rice chex rice chex®
- ☐ 1 tablespoon lemon pepper
- ☐ 1 tablespoon liquid smoke
- ☐ 12 cups pretzel sticks

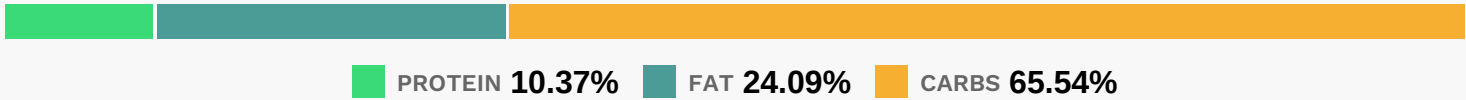
Equipment

- ☐ 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:5.21, Glycemic Load:18.03, Inflammation Score:-9, Nutrition Score:29.830434726632%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg 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: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 355.14kcal (17.76%), Fat: 10.26g (15.78%), Saturated Fat: 1.12g (7%), Carbohydrates: 62.78g (20.93%), Net Carbohydrates: 55.13g (20.05%), Sugar: 5.78g (6.42%), Cholesterol: 0mg (0%), Sodium: 650.51mg (28.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.86%), Vitamin D: 33.76µg (225.04%), Folate: 433.26µg (108.31%), Iron: 15.7mg (87.24%), Vitamin B2: 0.68mg (39.82%), Zinc: 5.85mg (39.01%), Manganese: 0.77mg (38.34%), Vitamin B1: 0.54mg (35.77%), Vitamin B3: 7.15mg (35.73%), Fiber: 7.65g (30.6%), Vitamin B6: 0.56mg

(28.08%), Vitamin B12: 1.58µg (26.27%), Phosphorus: 228.43mg (22.84%), Vitamin E: 3.3mg (22.02%), Magnesium: 76.05mg (19.01%), Calcium: 146.35mg (14.64%), Vitamin A: 637.79IU (12.76%), Copper: 0.18mg (9.22%), Potassium: 307.63mg (8.79%), Vitamin C: 6.88mg (8.33%), Selenium: 2.84µg (4.05%), Vitamin B5: 0.24mg (2.39%), Vitamin K: 1.25µg (1.19%)