



 **88%**
HEALTH SCORE

Spiced Nuts and Chex® Mix

 Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



16

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup sugar
- 1 tablespoon chili powder
- 0.3 teaspoon ground pepper red (cayenne)
- 0.3 cup butter
- 2 cups cornflakes
- 2 cups rice chex
- 2 cups wheat chex
- 11.5 oz nuts mixed canned

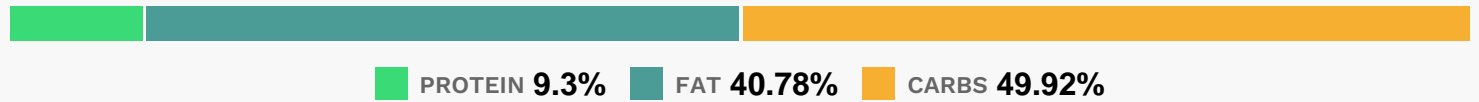
Equipment

- bowl
- microwave

Directions

- In small bowl, mix sugar, chili powder and red pepper.
- In large microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in cereal and nuts until evenly coated. Stir in sugar mixture until evenly coated.
- Microwave uncovered on High 4 to 5 minutes, stirring after 2 minutes, until mixture just begins to brown.
- Spread on waxed paper to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:8.23, Glycemic Load:3.17, Inflammation Score:-8, Nutrition Score:23.656086976114%

Nutrients (% of daily need)

Calories: 285.9kcal (14.3%), Fat: 14.13g (21.74%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 32.96g (11.98%), Sugar: 6.9g (7.67%), Cholesterol: 0mg (0%), Sodium: 266.84mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Vitamin D: 25.41µg (169.41%), Folate: 299.58µg (74.9%), Iron: 12.04mg (66.89%), Zinc: 4.6mg (30.69%), Vitamin B3: 5.42mg (27.08%), Manganese: 0.53mg (26.53%), Vitamin B6: 0.51mg (25.58%), Vitamin B2: 0.42mg (24.84%), Vitamin B1: 0.37mg (24.81%), Fiber: 5.97g (23.89%), Vitamin B12: 1.31µg (21.85%), Phosphorus: 193.98mg (19.4%), Magnesium: 74.28mg (18.57%), Vitamin A: 730.71IU (14.61%), Copper: 0.28mg (14.08%), Calcium: 92.62mg (9.26%), Potassium: 252.77mg (7.22%), Vitamin C: 5.37mg (6.51%), Vitamin B5: 0.31mg (3.11%), Vitamin E: 0.33mg (2.17%), Selenium: 1.08µg (1.54%)