



 **91%**  
HEALTH SCORE

## Spiced Nuts 'n Chex® Mix

 Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



16

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

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

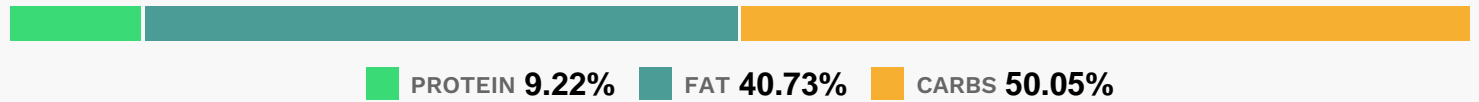
# Equipment

- 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:24.079565030077%

# Nutrients (% of daily need)

Calories: 287.75kcal (14.39%), Fat: 14.21g (21.86%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 39.28g (13.09%), Net Carbohydrates: 33.24g (12.09%), Sugar: 7g (7.78%), Cholesterol: 0mg (0%), Sodium: 269.19mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.47%), Vitamin D: 25.41µg (169.4%), Folate: 312.08µg (78.02%), Iron: 12.04mg (66.89%), Zinc: 5.04mg (33.59%), Vitamin B3: 5.41mg (27.07%), Manganese: 0.54mg (26.88%), Vitamin B6: 0.51mg (25.56%), Vitamin B2: 0.42mg (24.88%), Vitamin B1: 0.37mg (24.79%), Fiber: 6.04g (24.16%), Vitamin B12: 1.32µg (22.03%), Phosphorus: 195.41mg (19.54%), Magnesium: 73.93mg (18.48%), Vitamin A: 793.21IU (15.86%), Copper: 0.28mg (14.01%), Calcium: 104.96mg (10.5%), Potassium: 254.52mg (7.27%), Vitamin C: 5.39mg (6.53%), Vitamin B5: 0.32mg (3.21%), Vitamin E: 0.33mg (2.21%), Selenium: 1.25µg (1.79%)