



## Spicy Almond-Pumpkinseed Snack Mix

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon canola oil
- 2 teaspoons chili powder
- 2 cups rice cereal squares gluten-free crispy (such as Rice Chex)
- 0.3 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 2 teaspoons mustard prepared
- 0.5 teaspoon paprika smoked spanish
- 0.5 cup roasted pumpkinseeds salted whole

- 0.3 teaspoon salt
- 0.3 cup slivered almonds
- 2 teaspoons worcestershire sauce

## Equipment

- bowl
- frying pan
- oven
- wire rack
- aluminum foil

## Directions

- Preheat oven to 30
- Combine first 3 ingredients in a large bowl.
- Combine oil and next 6 ingredients in a small bowl; drizzle over cereal mixture, tossing well to coat.
- Line a large jelly-roll pan with foil; coat foil with cooking spray.
- Spread cereal mixture on prepared pan.
- Bake at 300 for 10 minutes; stir.
- Bake an additional 7 minutes or just until mixture begins to brown.
- Remove from oven; sprinkle with salt, and stir well. Cool in pan on a wire rack. Store in an airtight container.

## Nutrition Facts



PROTEIN 20.85% FAT 47.15% CARBS 32%

## Properties

Glycemic Index:15.67, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:10.189130409904%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 120.63kcal (6.03%), Fat: 6.5g (10.01%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 8.61g (3.13%), Sugar: 1.28g (1.42%), Cholesterol: 12.42mg (4.14%), Sodium: 234.97mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Manganese: 0.49mg (24.32%), Iron: 3.67mg (20.4%), Folate: 69.97µg (17.49%), Vitamin B6: 0.34mg (17.23%), Vitamin B3: 3.14mg (15.72%), Vitamin E: 2.34mg (15.6%), Vitamin B1: 0.23mg (15.49%), Vitamin B2: 0.26mg (15.43%), Zinc: 1.85mg (12.33%), Selenium: 8.21µg (11.72%), Vitamin B12: 0.6µg (10.06%), Vitamin A: 484.99IU (9.7%), Phosphorus: 92.72mg (9.27%), Magnesium: 26.81mg (6.7%), Calcium: 57.16mg (5.72%), Copper: 0.11mg (5.54%), Fiber: 1.32g (5.29%), Potassium: 173.12mg (4.95%), Vitamin B5: 0.32mg (3.22%), Vitamin C: 2.34mg (2.84%), Vitamin D: 0.41µg (2.75%), Vitamin K: 2.71µg (2.58%)