



Spicy Chipotle Chex Mix

 Very Healthy

READY IN



15 min.

SERVINGS



26

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups cornflakes
- 3 cups rice chex
- 2 cups wheat chex
- 1 cup pretzel sticks
- 1 cup roasted peanuts
- 0.5 cup butter
- 2 teaspoons chipotle chili powder
- 1 teaspoon chili powder

- 0.5 teaspoon lawry's seasoned salt
- 3 tablespoons parmesan cheese grated

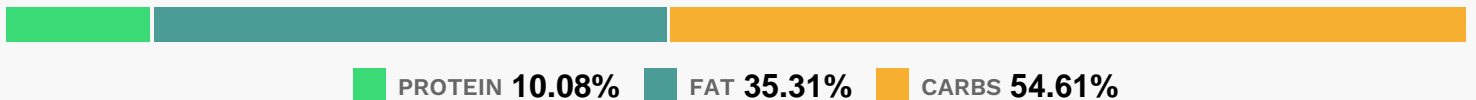
Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

Directions

- In large microwavable bowl, mix cereals, pretzels and nuts.
- In 2-cup microwavable measuring cup, microwave butter uncovered on High about 40 seconds or until melted. Stir in pepper, chili powder and salt.
- Pour over cereal mixture; stir until evenly coated.
- Microwave uncovered on High 5 minutes, stirring every 2 minutes.
- Spread on waxed paper or foil.
- Sprinkle with cheese.
- Let cool completely. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:16.681304432776%

Nutrients (% of daily need)

Calories: 164.26kcal (8.21%), Fat: 6.99g (10.75%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 21.13g (7.68%), Sugar: 2.66g (2.95%), Cholesterol: 0.5mg (0.17%), Sodium: 311.94mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Vitamin D: 15.76µg (105.05%), Folate: 204.46µg (51.12%), Iron: 8.13mg (45.15%), Vitamin B3: 4.26mg (21.32%), Vitamin B1: 0.27mg (18.29%), Zinc: 2.68mg (17.86%), Vitamin B6: 0.35mg (17.5%), Vitamin B2: 0.3mg (17.5%), Vitamin B12: 0.98µg (16.37%), Manganese: 0.28mg (13.78%), Fiber: 3.18g (12.72%), Vitamin A: 557.74IU (11.15%), Phosphorus: 96.92mg (9.69%), Magnesium: 28.83mg (7.21%),

Calcium: 63.85mg (6.38%), Vitamin C: 3.97mg (4.82%), Potassium: 134.7mg (3.85%), Copper: 0.06mg (2.98%),
Selenium: 1.73µg (2.48%), Vitamin E: 0.25mg (1.68%), Vitamin B5: 0.15mg (1.49%)