



WHATSheATE



HEALTH SCORE

62%

Spicy Chipotle Chex Mix



Very Healthy

READY IN



15 min.

SERVINGS



26

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cups wheat chex wheat chex®
- ☐ 3 cups rice chex rice chex®
- ☐ 4 cups corn chex corn chex®
- ☐ 1 teaspoon chili powder
- ☐ 1 cup roasted peanuts
- ☐ 2 teaspoons chipotle chili powder
- ☐ 3 tablespoons parmesan cheese grated

- ☐ 1 cup pretzel sticks
- ☐ 0.5 teaspoon lawry's seasoned salt

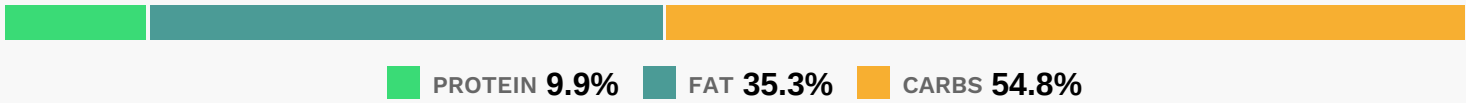
Equipment

- ☐ 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:17.201739102602%

Nutrients (% of daily need)

Calories: 166.53kcal (8.33%), Fat: 7.08g (10.9%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 21.48g (7.81%), Sugar: 2.78g (3.09%), Cholesterol: 0.5mg (0.17%), Sodium: 314.83mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Vitamin D: 15.75µg (105.03%), Folate: 219.84µg (54.96%), Iron: 8.13mg (45.15%), Zinc: 3.21mg (21.42%), Vitamin B3: 4.26mg (21.3%), Vitamin B1: 0.27mg (18.26%), Vitamin B2: 0.3mg (17.55%), Vitamin B6: 0.35mg (17.48%), Vitamin B12: 1µg (16.6%), Manganese: 0.28mg (14.21%), Fiber: 3.26g (13.05%), Vitamin A: 634.66IU (12.69%), Phosphorus: 98.68mg (9.87%), Calcium: 79.04mg (7.9%),

Magnesium: 28.39mg (7.1%), Vitamin C: 3.99mg (4.84%), Potassium: 136.86mg (3.91%), Copper: 0.06mg (2.9%),
Selenium: 1.95µg (2.78%), Vitamin E: 0.26mg (1.73%), Vitamin B5: 0.16mg (1.61%)