



 **71%**  
HEALTH SCORE

## Spicy Hot Chex™ Mix

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



24

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups cornflakes
- 2 cups rice chex
- 2 cups wheat chex
- 2 cups pretzel twists
- 2 cups nuts mixed
- 0.3 cup butter
- 2 tablespoons creole seasoning
- 1 teaspoon hot sauce red

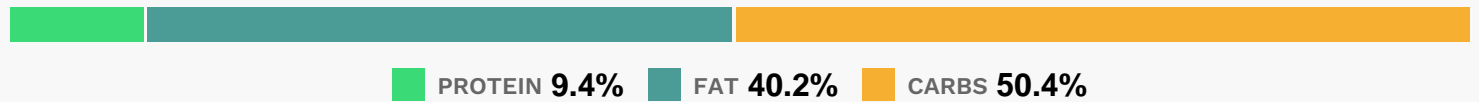
## Equipment

- 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 Creole seasoning and pepper sauce.
- Pour over cereal mixture; stir until evenly coated.
- Microwave uncovered on High 6 minutes, stirring every 2 minutes.
- Spread on waxed paper or foil to cool. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:6.03, Glycemic Load:2.88, Inflammation Score:-7, Nutrition Score:17.43652178671%

## Nutrients (% of daily need)

Calories: 192.78kcal (9.64%), Fat: 9.36g (14.4%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 22.44g (8.16%), Sugar: 2.62g (2.91%), Cholesterol: 0mg (0%), Sodium: 228.09mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Vitamin D: 16.94µg (112.94%), Folate: 205.68µg (51.42%), Iron: 8.1mg (45.02%), Zinc: 3.04mg (20.28%), Vitamin B3: 3.72mg (18.6%), Manganese: 0.36mg (17.92%), Vitamin B1: 0.26mg (17.37%), Vitamin B6: 0.34mg (17.1%), Vitamin B2: 0.29mg (17.1%), Fiber: 3.95g (15.81%), Vitamin B12: 0.87µg (14.58%), Phosphorus: 127.32mg (12.73%), Magnesium: 47.12mg (11.78%), Vitamin A: 581.24IU (11.62%), Copper: 0.17mg (8.55%), Calcium: 61.31mg (6.13%), Vitamin C: 4.08mg (4.94%), Potassium: 168.96mg (4.83%), Vitamin B5: 0.2mg (1.98%), Vitamin E: 0.25mg (1.66%), Selenium: 0.83µg (1.18%)