



Spicy Indian Snack Mix



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



460 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup banana chips dried
- ☐ 2 teaspoons brown mustard seeds
- ☐ 1.5 tablespoons canola oil
- ☐ 0.5 teaspoon cayenne
- ☐ 0.5 teaspoon citric acid powder (Ball Fruit-Fresh)
- ☐ 1 teaspoon ground turmeric
- ☐ 1 quart puffed rice cereal such as rice krispies crisp
- ☐ 0.5 teaspoon salt

☐ 1 cup cashew pieces salted

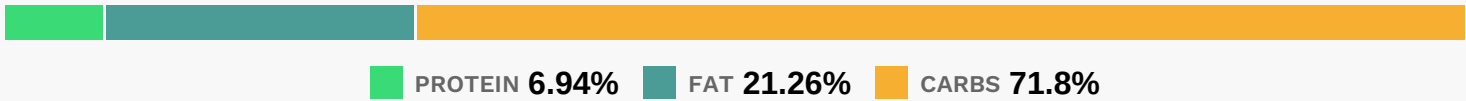
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine cereal, cashews, and banana chips in a large bowl.
- ☐ Cook oil and mustard seeds in a small covered frying pan over medium heat until seeds pop, 1 to 2 minutes.
- ☐ Remove from heat and stir in remaining ingredients. Scrape from pan over cereal and mix to coat.
- ☐ *Find in the baking aisle.
- ☐ Make ahead: Store airtight up to 1 week.

Nutrition Facts



Properties

Glycemic Index:3.36, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:10.549565185671%

Nutrients (% of daily need)

Calories: 459.68kcal (22.98%), Fat: 11.09g (17.07%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 84.29g (28.1%), Net Carbohydrates: 82.06g (29.84%), Sugar: 3.37g (3.74%), Cholesterol: 0mg (0%), Sodium: 190.28mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.29%), Folate: 142.36µg (35.59%), Vitamin B1: 0.41mg (27.44%), Copper: 0.5mg (24.98%), Iron: 3.39mg (18.83%), Phosphorus: 167.78mg (16.78%), Vitamin B3: 3.28mg (16.38%), Magnesium: 64.62mg (16.16%), Selenium: 10.66µg (15.23%), Vitamin B2: 0.26mg (15.03%), Manganese: 0.24mg (12.01%), Zinc: 1.71mg (11.42%), Fiber: 2.24g (8.95%), Potassium: 218.16mg (6.23%), Vitamin K: 5.97µg (5.68%), Vitamin E: 0.59mg (3.91%), Vitamin B6: 0.06mg (2.88%), Vitamin B5: 0.2mg (2%), Calcium: 15.32mg (1.53%)