



WHATSheATE



Spicy Tomato Chowder Chex Mix

 Dairy Free

READY IN



10 min.

SERVINGS



24

CALORIES



110 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tablespoons butter
- ☐ 1 teaspoon celery seed
- ☐ 7 cups corn chex corn chex®
- ☐ 2 teaspoons onion salt
- ☐ 2 cups oyster crackers
- ☐ 1 teaspoon hot sauce red
- ☐ 2 cups potatoes
- ☐ 2.8 oz oz. bacon into pieces cooked

- ☐ 3 oz sun-dried olives cut into thin bite-size strips
- ☐ 1 tablespoon worcestershire sauce

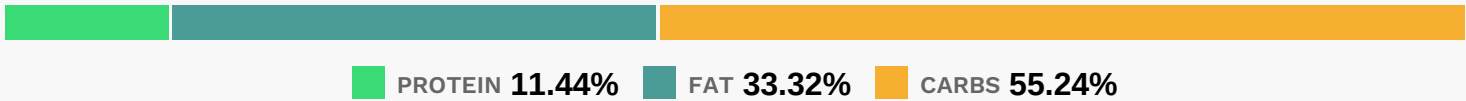
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, mix cereal, shoestring potatoes and crackers.
- ☐ In 2-cup microwavable measuring cup, microwave butter uncovered on High about 30 seconds or until melted. Stir in Worcestershire sauce, onion salt, celery seed and pepper sauce.
- ☐ Pour over cereal mixture; stir until evenly coated.
- ☐ Microwave uncovered on High 3 to 5 minutes, thoroughly stirring after every minute. Stir in tomatoes and bacon.
- ☐ Spread on waxed paper or foil to cool. Store in refrigerator in airtight container.

Nutrition Facts



Properties

Glycemic Index:4.74, Glycemic Load:2.7, Inflammation Score:-5, Nutrition Score:6.8065217474233%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 109.61kcal (5.48%), Fat: 4.21g (6.48%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 14.34g (5.21%), Sugar: 2.59g (2.88%), Cholesterol: 4.73mg (1.58%), Sodium: 444.9mg (19.34%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.51%), Iron: 3.1mg (17.25%), Folate: 68.66µg (17.17%), Vitamin B1: 0.17mg (11.25%), Vitamin B3: 2.21mg (11.06%), Vitamin B6: 0.21mg (10.68%), Vitamin B2: 0.17mg (9.97%), Vitamin A: 449.11IU (8.98%), Zinc: 1.25mg (8.33%), Vitamin C: 6.83mg (8.28%), Manganese: 0.16mg (8.03%), Vitamin B12: 0.44µg (7.35%), Potassium: 227.32mg (6.49%), Fiber: 1.36g (5.44%), Copper: 0.09mg (4.51%), Phosphorus: 39.78mg (3.98%), Calcium: 39.33mg (3.93%), Magnesium: 14.69mg (3.67%), Vitamin K: 2.83µg (2.69%), Selenium: 1.73µg (2.48%), Vitamin D: 0.29µg (1.93%), Vitamin B5: 0.19mg (1.89%), Vitamin E: 0.18mg (1.19%)