



WHATSheATE



Spicy Tomato Chowder Chex Mix



Dairy Free

READY IN



10 min.

SERVINGS



24

CALORIES



105 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 7 cups cornflakes
- ☐ 2 cups potatoes
- ☐ 2 cups oyster crackers
- ☐ 6 tablespoons butter
- ☐ 1 tablespoon worcestershire sauce
- ☐ 2 teaspoons onion salt
- ☐ 1 teaspoon celery seed
- ☐ 1 teaspoon hot sauce red

- ☐ 3 oz sun-dried olives cut into thin bite-size strips
- ☐ 2.8 oz oz. bacon into pieces cooked

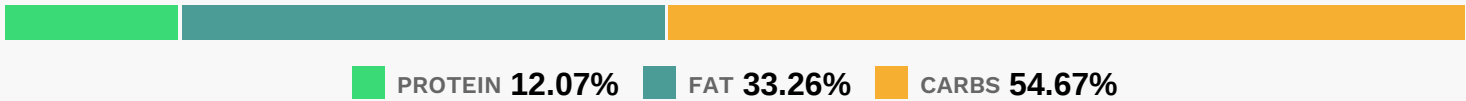
Equipment

- ☐ 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:-4, Nutrition Score:5.819565265075%

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: 105.31kcal (5.27%), Fat: 4.02g (6.19%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 13.68g (4.97%), Sugar: 2.37g (2.63%), Cholesterol: 4.73mg (1.58%), Sodium: 439.43mg (19.11%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Iron: 3.11mg (17.25%), Vitamin B1: 0.17mg (11.31%), Vitamin B3: 2.22mg (11.09%), Vitamin B6: 0.21mg (10.71%), Vitamin B2: 0.17mg (9.88%), Folate: 39.5µg (9.87%), Vitamin C: 6.79mg (8.23%), Manganese: 0.14mg (7.21%), Vitamin B12: 0.42µg (6.92%), Potassium: 223.23mg (6.38%), Vitamin A: 303.28IU (6.07%), Fiber: 1.21g (4.82%), Copper: 0.09mg (4.67%), Magnesium: 15.52mg (3.88%), Phosphorus: 36.45mg (3.64%), Vitamin K: 2.82µg (2.69%), Vitamin D: 0.29µg (1.96%), Selenium: 1.33µg (1.89%), Vitamin B5: 0.17mg (1.65%), Zinc: 0.24mg (1.58%), Vitamin E: 0.17mg (1.1%), Calcium: 10.53mg (1.05%)