



## Steakhouse Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



26

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 cups rice chex
- 4 cups wheat chex
- 2 cups round buttery crackers
- 1 cup pretzel twists
- 6 tablespoons butter
- 3 tablespoons steak sauce
- 1 tablespoon worcestershire sauce
- 1 teaspoon ground pepper red (cayenne)

- 1 cup fried onions
- 1 cup roasted peanuts salted
- 1 tablespoon onion powder
- 2 teaspoons garlic powder

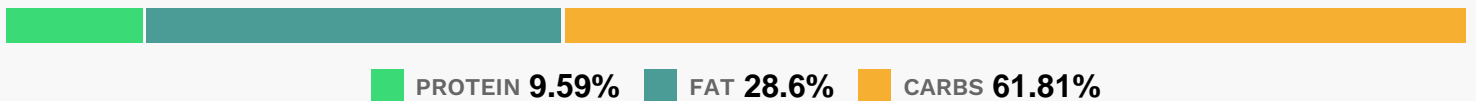
## Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

## Directions

- In large microwavable bowl, mix cereals, crackers and pretzels.
- In 2-cup microwavable measuring cup, microwave butter on high about 40 seconds or until melted. Stir in steak sauce, Worcestershire sauce and pepper.
- Pour over cereal mixture; stir until evenly coated.
- Microwave uncovered on High 4 minutes, stirring after 2 minutes. Stir in onions and peanuts.
- Sprinkle with onion and garlic powders; toss until evenly coated.
- Spread on waxed paper or foil to cool. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:4.62, Glycemic Load:1.06, Inflammation Score:-8, Nutrition Score:23.288261159607%

## Nutrients (% of daily need)

Calories: 241.75kcal (12.09%), Fat: 8.39g (12.91%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 35.32g (12.84%), Sugar: 4.88g (5.42%), Cholesterol: 0mg (0%), Sodium: 413.81mg (17.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin D: 31.12µg (207.47%), Folate: 354.49µg (88.62%), Iron: 13.03mg (72.4%), Zinc: 4.83mg (32.18%), Vitamin B3: 5.82mg (29.1%), Vitamin B1: 0.4mg (26.48%),

Vitamin B2: 0.42mg (24.84%), Vitamin B6: 0.49mg (24.61%), Vitamin B12: 1.4µg (23.28%), Fiber: 5.5g (21.99%), Manganese: 0.33mg (16.57%), Phosphorus: 162.47mg (16.25%), Vitamin A: 617.22IU (12.34%), Magnesium: 44.07mg (11.02%), Calcium: 109.28mg (10.93%), Vitamin C: 5.94mg (7.19%), Potassium: 211.12mg (6.03%), Copper: 0.06mg (3.19%), Vitamin K: 2.51µg (2.39%), Selenium: 1.64µg (2.34%), Vitamin E: 0.33mg (2.2%), Vitamin B5: 0.17mg (1.68%)