



 **68%**
HEALTH SCORE

Steakhouse Chex Mix

 Very Healthy

READY IN



15 min.

SERVINGS



26

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 tablespoons butter
- 4 cups rice chex rice chex®
- 4 cups wheat chex wheat chex®
- 2 cups cheese
- 1 cup fried onions
- 2 teaspoons garlic powder
- 1 teaspoon ground pepper red (cayenne)
- 1 tablespoon onion powder

- 1 cup pretzel twists
- 1 cup roasted peanuts salted
- 3 tablespoons steak sauce
- 1 tablespoon worcestershire sauce

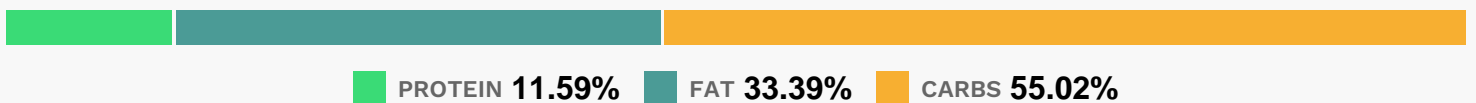
Equipment

- 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:5.65, Glycemic Load:1.12, Inflammation Score:-8, Nutrition Score:23.755217510721%

Nutrients (% of daily need)

Calories: 254.5kcal (12.73%), Fat: 10.28g (15.81%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 38.1g (12.7%), Net Carbohydrates: 32.71g (11.89%), Sugar: 4.53g (5.04%), Cholesterol: 8.69mg (2.9%), Sodium: 429.95mg (18.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.05%), Vitamin D: 31.17µg (207.82%), Folate: 352.99µg (88.25%), Iron: 12.84mg (71.33%), Zinc: 5.12mg (34.12%), Vitamin B3: 5.6mg (28%), Vitamin B2: 0.45mg (26.37%),

Vitamin B1: 0.38mg (25.28%), Vitamin B12: 1.49µg (24.82%), Vitamin B6: 0.5mg (24.77%), Fiber: 5.39g (21.57%), Phosphorus: 189.68mg (18.97%), Calcium: 163.63mg (16.36%), Manganese: 0.31mg (15.37%), Vitamin A: 704.32IU (14.09%), Magnesium: 45.54mg (11.39%), Vitamin C: 5.94mg (7.19%), Potassium: 212.32mg (6.07%), Selenium: 3.88µg (5.55%), Copper: 0.06mg (3.05%), Vitamin B5: 0.19mg (1.87%), Vitamin E: 0.23mg (1.56%)