



WHATSheATE



Steel City Chex Mix



Dairy Free



Popular

READY IN



5 min.

SERVINGS



22

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup m&m candies yellow (from a 48-oz bag)
- ☐ 14 oz asian rice cracker snack mix dark
- ☐ 8.4 oz chocolate bar cut into 1-inch pieces
- ☐ 2 cups pretzel twists
- ☐ 12 oz roasted peanuts

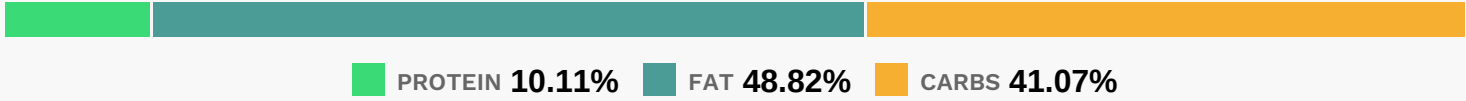
Equipment

- ☐ bowl

Directions

☐ In large bowl, combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:4.82, Glycemic Load:3.34, Inflammation Score:-4, Nutrition Score:8.4726087658302%

Nutrients (% of daily need)

Calories: 293.77kcal (14.69%), Fat: 16.32g (25.11%), Saturated Fat: 5.49g (34.32%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 26.91g (9.78%), Sugar: 9.92g (11.02%), Cholesterol: 2.46mg (0.82%), Sodium: 249.02mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.66mg (2.89%), Protein: 7.61g (15.21%), Manganese: 0.76mg (37.99%), Vitamin B3: 3.54mg (17.68%), Copper: 0.33mg (16.48%), Fiber: 3.99g (15.96%), Magnesium: 60.98mg (15.24%), Iron: 2.73mg (15.15%), Phosphorus: 128.8mg (12.88%), Folate: 47.95µg (11.99%), Vitamin B1: 0.13mg (8.89%), Potassium: 243.71mg (6.96%), Zinc: 1.01mg (6.73%), Vitamin B2: 0.09mg (5.38%), Selenium: 3.33µg (4.76%), Calcium: 44.4mg (4.44%), Vitamin B6: 0.08mg (4.06%), Vitamin B5: 0.36mg (3.57%), Vitamin K: 3.55µg (3.38%), Vitamin E: 0.26mg (1.73%)