



WHATSheATE



Surf and Sun Chex Mix



Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8.8 oz asian rice cracker snack mix traditional chex mix®
- ☐ 1 cup corn chips
- ☐ 0.5 cup round buttery crackers
- ☐ 0.5 cup corn kernels toasted
- ☐ 0.5 teaspoon chili powder
- ☐ 2 teaspoons lime zest grated

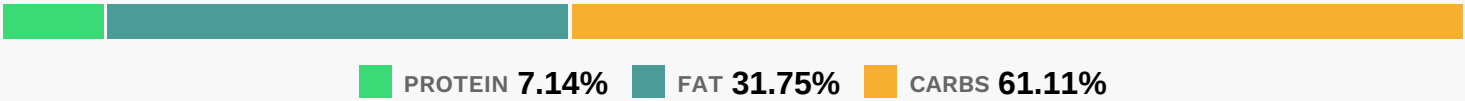
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix all ingredients except lime peel. Just before serving, add lime peel; toss to mix.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.9060869663954%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 108.91kcal (5.45%), Fat: 3.89g (5.99%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 15.58g (5.66%), Sugar: 1.54g (1.71%), Cholesterol: 0.62mg (0.21%), Sodium: 164.25mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Manganese: 0.17mg (8.43%), Folate: 22.17µg (5.54%), Fiber: 1.29g (5.17%), Vitamin B3: 0.98mg (4.89%), Iron: 0.86mg (4.77%), Vitamin B1: 0.07mg (4.55%), Phosphorus: 44.73mg (4.47%), Vitamin E: 0.64mg (4.29%), Vitamin B2: 0.06mg (3.73%), Vitamin K: 3.63µg (3.46%), Magnesium: 13mg (3.25%), Zinc: 0.36mg (2.4%), Selenium: 1.63µg (2.33%), Vitamin B6: 0.04mg (2.17%), Calcium: 18.67mg (1.87%), Copper: 0.04mg (1.81%), Potassium: 50.79mg (1.45%), Vitamin B5: 0.13mg (1.29%)