



Sweet and Salty Popcorn Chex Mix

READY IN



20 min.

SERVINGS



20

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter
- 2 cups caramel popcorn
- 1 teaspoon coarse salt (kosher or sea)
- 3 cups cornflakes
- 1 cup corn kernels toasted
- 3 cups rice chex
- 2 cups popped popcorn

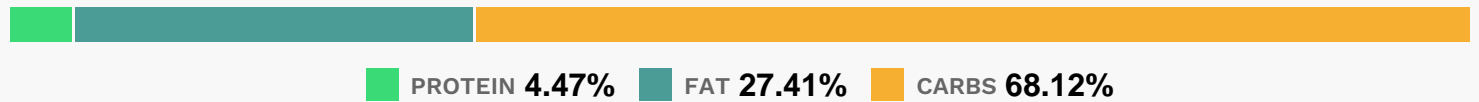
Equipment

- bowl
- microwave

Directions

- In large microwavable bowl, mix cereals; sprinkle with salt. In small microwavable bowl, microwave butter uncovered on High about 20 seconds or until melted.
- Pour melted butter over cereals; toss to coat.
- Microwave uncovered on High 3 to 4 minutes, stirring every minute, until mixture begins to brown.
- Spread mixture on waxed paper. Cool 10 minutes.
- Stir in remaining ingredients. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.32, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:5.6369564792384%

Nutrients (% of daily need)

Calories: 157kcal (7.85%), Fat: 4.96g (7.63%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 25.97g (9.44%), Sugar: 13.68g (15.2%), Cholesterol: 1.18mg (0.39%), Sodium: 265.09mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Iron: 3.03mg (16.85%), Folate: 49.58µg (12.4%), Manganese: 0.23mg (11.3%), Vitamin B3: 2.13mg (10.65%), Vitamin B2: 0.15mg (9.07%), Vitamin B1: 0.13mg (8.82%), Vitamin B6: 0.16mg (8.08%), Vitamin B12: 0.44µg (7.35%), Fiber: 1.77g (7.09%), Zinc: 0.8mg (5.35%), Vitamin A: 232.87IU (4.66%), Phosphorus: 38.11mg (3.81%), Magnesium: 13.85mg (3.46%), Selenium: 2.04µg (2.92%), Vitamin K: 3.01µg (2.87%), Calcium: 26.39mg (2.64%), Copper: 0.05mg (2.63%), Vitamin E: 0.38mg (2.53%), Vitamin C: 1.92mg (2.32%), Vitamin D: 0.3µg (2.01%), Potassium: 55.81mg (1.59%), Vitamin B5: 0.13mg (1.25%)