



Sweet and Salty Popcorn Chex Mix

READY IN



20 min.

SERVINGS



20

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

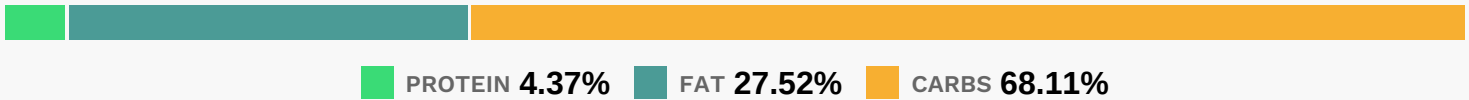
Equipment

- ☐ 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:6.1443477817204%

Nutrients (% of daily need)

Calories: 159.21kcal (7.96%), Fat: 5.06g (7.78%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 26.31g (9.57%), Sugar: 13.8g (15.33%), Cholesterol: 1.18mg (0.39%), Sodium: 267.91mg (11.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Iron: 3.03mg (16.85%), Folate: 64.58µg (16.15%), Manganese: 0.23mg (11.72%), Vitamin B3: 2.13mg (10.63%), Vitamin B2: 0.16mg (9.12%), Zinc: 1.32mg (8.82%), Vitamin B1: 0.13mg (8.79%), Vitamin B6: 0.16mg (8.07%), Vitamin B12: 0.45µg (7.57%), Fiber: 1.85g (7.41%), Vitamin A: 307.87IU (6.16%), Calcium: 41.2mg (4.12%), Phosphorus: 39.82mg (3.98%), Magnesium: 13.42mg (3.36%), Selenium: 2.25µg (3.22%), Vitamin K: 3.02µg (2.87%), Vitamin E: 0.39mg (2.57%), Copper: 0.05mg (2.55%), Vitamin C: 1.94mg (2.35%), Vitamin D: 0.3µg (1.99%), Potassium: 57.91mg (1.65%), Vitamin B5: 0.14mg (1.37%)