



WHATSheATE



HEALTH SCORE

61%

Sweet and Savory Snack Mix



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



16

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups pretzel sticks
- ☐ 3 cups golden beets
- ☐ 2 cups wheat chex
- ☐ 1.5 cups nuts mixed
- ☐ 0.5 cup butter melted
- ☐ 3 tablespoons brown sugar packed
- ☐ 2 tablespoons worcestershire sauce

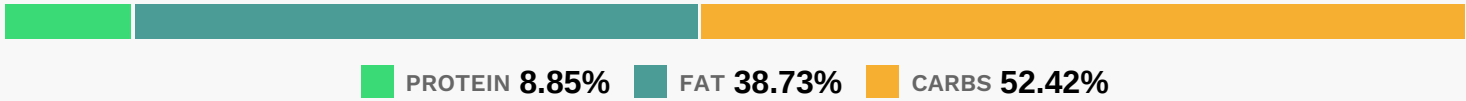
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Heat oven to 250°F. In ungreased 15x10x1-inch pan, mix pretzels, cereals and nuts.
- ☐ In small bowl, mix melted butter, brown sugar and Worcestershire sauce until blended.
- ☐ Pour over cereal mixture, stirring to coat.
- ☐ Bake 1 hour, stirring every 15 minutes.
- ☐ Spread on paper towels; cool about 15 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:11.04, Glycemic Load:8.47, Inflammation Score:-8, Nutrition Score:21.407826329055%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 293.34kcal (14.67%), Fat: 13.63g (20.98%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 41.52g (13.84%), Net Carbohydrates: 35.46g (12.89%), Sugar: 7.49g (8.33%), Cholesterol: 0mg (0%), Sodium: 416.75mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.01%), Vitamin D: 25.16µg (167.74%), Folate: 305.5µg (76.37%), Iron: 10.37mg (57.63%), Zinc: 4.02mg (26.79%), Fiber: 6.06g (24.24%), Manganese: 0.44mg (22.24%), Vitamin B3: 4.44mg (22.19%), Vitamin B1: 0.32mg (21.17%), Vitamin B2: 0.34mg (20.29%), Vitamin B6: 0.38mg (19.05%), Phosphorus: 179.73mg (17.97%), Magnesium: 65.14mg (16.28%), Vitamin B12: 0.95µg (15.85%), Vitamin A: 580.38IU (11.61%), Copper: 0.21mg (10.67%), Potassium: 316.82mg (9.05%), Calcium: 85.54mg (8.55%), Vitamin C: 5.59mg (6.77%), Vitamin B5: 0.25mg (2.47%), Vitamin E: 0.28mg (1.87%)