



## Sweet and Spicy Beer Nuts Chex Mix

 Vegetarian

READY IN



15 min.

SERVINGS



20

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 cups cornflakes
- 4 cups rice chex
- 2 cups pretzel nuggets
- 1.5 cups beer
- 0.5 cup ale
- 0.3 cup brown sugar packed
- 3 tablespoons butter
- 1 tablespoon chili powder

- 0.3 teaspoon salt
- 0.3 teaspoon ground pepper red (cayenne)

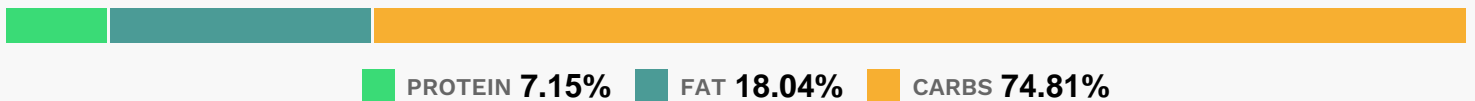
## Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

## Directions

- In large microwavable bowl, mix cereals, pretzels and nuts.
- In 4-cup microwavable measuring cup, place ale. Microwave uncovered on High 4 to 6 minutes, stirring every 2 minutes, until reduced to 1/4 cup. Stir in brown sugar, butter, chili powder, salt and red pepper. Microwave on High 1 to 2 minutes, stirring every 30 seconds, until butter is melted and sugar is dissolved.
- Pour over cereal mixture; stir until evenly coated.
- Microwave uncovered on High 6 to 8 minutes, stirring every 2 minutes, until mixture just begins to brown.
- Spread on waxed paper or foil to cool. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:8.15, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:5.8921739173972%

## Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 139.87kcal (6.99%), Fat: 2.69g (4.14%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 24.36g (8.86%), Sugar: 5.43g (6.04%), Cholesterol: 6.12mg (2.04%), Sodium: 363.9mg (15.82%), Alcohol: 0.92g (100%), Alcohol %: 1.83% (100%), Protein: 2.4g (4.8%), Iron: 3.51mg (19.51%), Folate: 61.65µg (15.41%), Vitamin B6: 0.22mg (11.06%), Vitamin B3: 2.17mg (10.87%), Vitamin B2: 0.18mg (10.71%), Manganese: 0.21mg (10.69%), Vitamin B1: 0.15mg (10.16%), Vitamin B12: 0.59µg (9.84%), Vitamin A: 397.59IU (7.95%), Zinc: 0.83mg (5.53%), Calcium: 31.8mg (3.18%), Fiber: 0.76g (3.04%), Vitamin C: 2.4mg (2.91%), Vitamin D: 0.4µg (2.68%), Selenium: 1.8µg (2.58%), Phosphorus: 18.9mg (1.89%), Copper: 0.03mg (1.59%), Vitamin E: 0.23mg (1.56%), Magnesium: 6.14mg (1.54%), Vitamin B5: 0.11mg (1.11%), Potassium: 38.4mg (1.1%)