



Sweet and Spicy Snack Mix

 Vegetarian

READY IN



24 min.

SERVINGS



11

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 1 cup butter-flavored pretzels such as Snyder's of Hanover Butter Snaps
- ☐ 2 cups multigrain cereal squares such as Cascadian Farms
- ☐ 2 cups multigrain oat cereal toasted such as Cheerios
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons honey
- ☐ 5 cups popped microwave popcorn low-fat
- ☐ 0.5 cup raisins
- ☐ 2 tablespoons butter unsalted melted

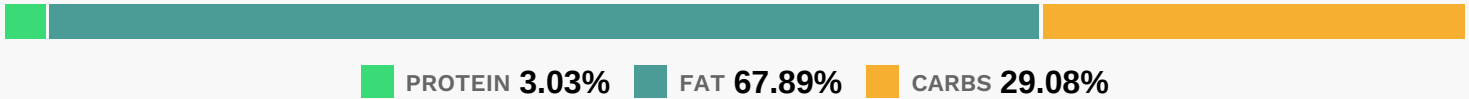
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine melted butter, honey, chili powder, and, if desired, ground red pepper, stirring well.
- ☐ Pour butter mixture over popcorn mixture, and stir to combine.
- ☐ Spread mixture on a baking sheet lined with foil.
- ☐ Bake at 350 for 15 minutes. Cool and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:27.1, Glycemic Load:9.18, Inflammation Score:-7, Nutrition Score:8.9260869751806%

Nutrients (% of daily need)

Calories: 264.34kcal (13.22%), Fat: 20.9g (32.15%), Saturated Fat: 12.77g (79.84%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 17.21g (6.26%), Sugar: 4.74g (5.27%), Cholesterol: 49.84mg (16.61%), Sodium: 243.3mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Manganese: 0.47mg (23.28%), Vitamin A: 1111.53IU (22.23%), Iron: 3.56mg (19.76%), Folate: 77.69µg (19.42%), Vitamin B6: 0.24mg (11.8%), Fiber: 2.93g (11.72%), Vitamin B12: 0.66µg (11.03%), Vitamin B3: 2.15mg (10.73%), Vitamin B1: 0.16mg (10.44%), Vitamin B2: 0.14mg (8.05%), Selenium: 5.57µg (7.96%), Magnesium: 29.86mg (7.46%), Phosphorus: 72.03mg (7.2%), Zinc: 1.06mg (7.07%), Vitamin E: 1.03mg (6.87%), Potassium: 160.59mg (4.59%), Copper: 0.09mg (4.51%), Calcium: 28.02mg (2.8%), Vitamin D: 0.42µg (2.77%), Vitamin K: 2.78µg (2.65%), Vitamin B5: 0.15mg (1.51%), Vitamin C: 1.2mg (1.45%)