



Sweet 'n' Spicy Beer Nuts Chex Mix

 Vegetarian

READY IN



15 min.

SERVINGS



20

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup ale
- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons butter
- ☐ 4 cups corn chex corn chex®
- ☐ 4 cups rice chex rice chex®
- ☐ 1 tablespoon chili powder
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 1.5 cups beer

- ☐ 2 cups pretzel nuggets
- ☐ 0.3 teaspoon salt

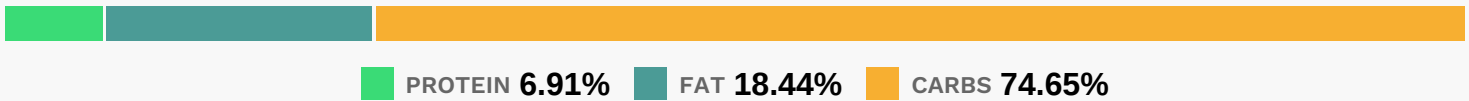
Equipment

- ☐ 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:-6, Nutrition Score:6.5678260844687%

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: 142.82kcal (7.14%), Fat: 2.82g (4.34%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 24.82g (9.02%), Sugar: 5.59g (6.21%), Cholesterol: 6.12mg (2.04%), Sodium: 367.66mg (15.99%), Alcohol: 0.92g (100%), Alcohol %: 1.82% (100%), Protein: 2.38g (4.75%), Folate: 81.65µg (20.41%), Iron: 3.51mg (19.51%), Manganese: 0.22mg (11.25%), Vitamin B6: 0.22mg (11.04%), Vitamin B3: 2.17mg (10.85%), Vitamin B2: 0.18mg (10.78%), Zinc: 1.52mg (10.16%), Vitamin B12: 0.61µg (10.13%), Vitamin B1: 0.15mg (10.12%), Vitamin A: 497.59IU (9.95%), Calcium: 51.55mg (5.15%), Fiber: 0.87g (3.47%), Selenium: 2.08µg (2.97%), Vitamin C: 2.42mg (2.94%), Vitamin D: 0.4µg (2.65%), Phosphorus: 21.18mg (2.12%), Vitamin E: 0.24mg (1.62%), Copper: 0.03mg (1.47%), Magnesium: 5.57mg (1.39%), Vitamin B5: 0.13mg (1.28%), Potassium: 41.21mg (1.18%)