



## Taco Chex Mix

READY IN



10 min.

SERVINGS



20

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 cups corn chex corn chex®
- ☐ 3 cups rice chex rice chex®
- ☐ 2 cups cheese
- ☐ 2 cups pretzel twists
- ☐ 1 cup roasted peanuts salted
- ☐ 1 oz taco seasoning old el paso®
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons water

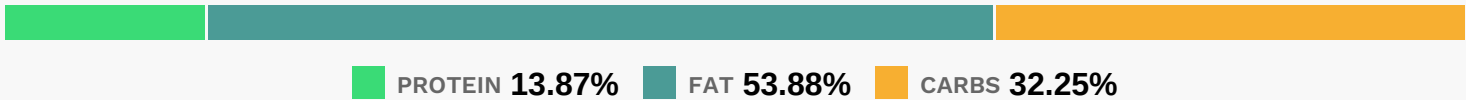
# Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave

# Directions

- ☐ In large microwavable bowl, mix cereals, crackers, pretzels and peanuts.
- ☐ In small bowl, stir together oil, water and taco seasoning mix.
- ☐ Pour over cereal mixture, stirring until evenly coated.
- ☐ Microwave uncovered on High about 5 minutes, stirring every 2 minutes, until mixture begins to brown.
- ☐ Spread on waxed paper or foil to cool. Store in airtight container.

# Nutrition Facts



# Properties

Glycemic Index:5.5, Glycemic Load:2.79, Inflammation Score:-5, Nutrition Score:8.2913042773371%

# Nutrients (% of daily need)

Calories: 157.78kcal (7.89%), Fat: 9.77g (15.04%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 11.8g (4.29%), Sugar: 1.24g (1.37%), Cholesterol: 11.3mg (3.77%), Sodium: 338.85mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Folate: 79.27µg (19.82%), Manganese: 0.37mg (18.66%), Iron: 3.04mg (16.88%), Vitamin B3: 2.82mg (14.09%), Calcium: 118.39mg (11.84%), Vitamin B2: 0.2mg (11.74%), Zinc: 1.73mg (11.54%), Vitamin B1: 0.16mg (10.44%), Phosphorus: 97.44mg (9.74%), Vitamin B12: 0.57µg (9.49%), Vitamin A: 471.21IU (9.42%), Vitamin B6: 0.18mg (8.97%), Selenium: 5.28µg (7.55%), Fiber: 1.36g (5.44%), Magnesium: 18.99mg (4.75%), Vitamin K: 4.19µg (3.99%), Copper: 0.08mg (3.8%), Vitamin C: 2.53mg (3.06%), Potassium: 91.6mg (2.62%), Vitamin B5: 0.24mg (2.44%), Vitamin D: 0.37µg (2.44%), Vitamin E: 0.3mg (1.98%)