



Taco-Seasoned Chex® Mix (1/2)

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups rice chex
- 1.5 cups cornflakes
- 1 cup round buttery crackers
- 1 cup pretzel twists
- 0.5 cup roasted peanuts salted
- 4 teaspoons vegetable oil
- 1 tablespoon water
- 6.3 oz taco seasoning

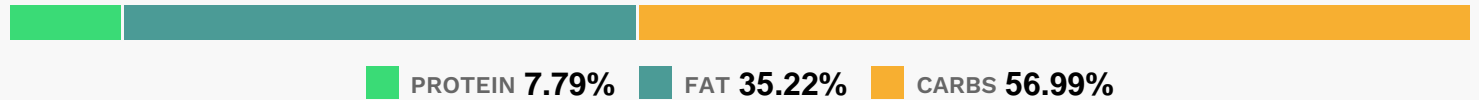
Equipment

- 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:8.3, Glycemic Load:2.72, Inflammation Score:-8, Nutrition Score:9.6491304480511%

Nutrients (% of daily need)

Calories: 167.51kcal (8.38%), Fat: 6.99g (10.75%), Saturated Fat: 1.19g (7.47%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 20.97g (7.63%), Sugar: 4.63g (5.14%), Cholesterol: 0mg (0%), Sodium: 1630.21mg (70.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin A: 1812.19IU (36.24%), Iron: 4.39mg (24.38%), Manganese: 0.4mg (19.8%), Fiber: 4.48g (17.93%), Folate: 66.21µg (16.55%), Vitamin B3: 3.11mg (15.54%), Vitamin B1: 0.18mg (12.02%), Vitamin C: 9.84mg (11.93%), Vitamin B2: 0.16mg (9.7%), Vitamin B6: 0.18mg (8.78%), Vitamin B12: 0.44µg (7.27%), Vitamin K: 6.47µg (6.16%), Phosphorus: 60.35mg (6.03%), Zinc: 0.83mg (5.55%), Magnesium: 17.5mg (4.38%), Copper: 0.08mg (4.07%), Calcium: 32.93mg (3.29%), Selenium: 2.15µg (3.08%), Vitamin E: 0.4mg (2.64%), Potassium: 87.94mg (2.51%), Vitamin B5: 0.21mg (2.07%), Vitamin D: 0.3µg (2.01%)