



Taco-Seasoned Chex® Mix (1/2)

READY IN



10 min.

SERVINGS



10

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups corn chex corn chex®
- ☐ 1.5 cups rice chex rice chex®
- ☐ 1 cup cheese
- ☐ 1 cup pretzel twists
- ☐ 0.5 cup roasted peanuts salted
- ☐ 4 teaspoons vegetable oil
- ☐ 1 tablespoon water

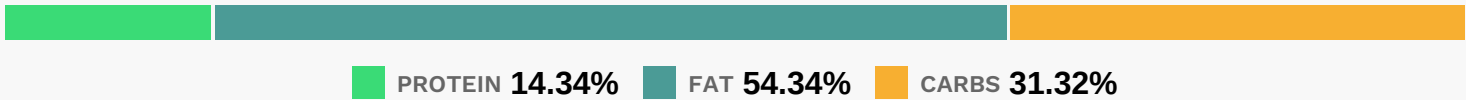
Equipment

- ☐ 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:11, Glycemic Load:2.79, Inflammation Score:-5, Nutrition Score:8.0486956316492%

Nutrients (% of daily need)

Calories: 153kcal (7.65%), Fat: 9.53g (14.67%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.27g (4.1%), Sugar: 0.97g (1.08%), Cholesterol: 11.3mg (3.77%), Sodium: 224.48mg (9.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Folate: 79.27µg (19.82%), Manganese: 0.37mg (18.66%), Iron: 2.94mg (16.34%), 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 B6: 0.18mg (8.97%), Selenium: 5.28µg (7.55%), Vitamin A: 338.24IU (6.76%), Magnesium: 18.99mg (4.75%), Fiber: 1.09g (4.38%), Copper: 0.08mg (3.8%), Vitamin K: 3.75µg (3.57%), Potassium: 91.6mg (2.62%), Vitamin B5: 0.24mg (2.44%), Vitamin D: 0.37µg (2.44%), Vitamin C: 1.89mg (2.29%), Vitamin E: 0.28mg (1.85%)