



Taco-Seasoned Chex® Mix (1/2)

READY IN



10 min.

SERVINGS



10

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cheese
- ☐ 1.5 cups cornflakes
- ☐ 1.5 cups rice chex
- ☐ 1 cup pretzel twists
- ☐ 0.5 cup roasted peanuts salted
- ☐ 2 tablespoons taco seasoning (1-oz size)
- ☐ 4 teaspoons vegetable oil
- ☐ 1 tablespoon water

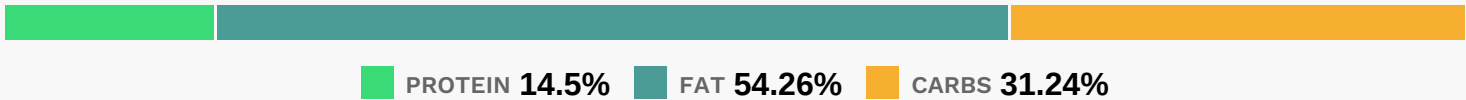
Equipment

- ☐ 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:-4, Nutrition Score:7.618695580441%

Nutrients (% of daily need)

Calories: 151.72kcal (7.59%), Fat: 9.44g (14.52%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.12g (4.04%), Sugar: 0.95g (1.05%), Cholesterol: 11.3mg (3.77%), Sodium: 262.01mg (11.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.35%), Manganese: 0.36mg (18.24%), Iron: 2.98mg (16.53%), Folate: 64.27µg (16.07%), Vitamin B3: 2.82mg (14.11%), Vitamin B2: 0.2mg (11.69%), Vitamin B1: 0.16mg (10.47%), Calcium: 103.58mg (10.36%), Phosphorus: 95.72mg (9.57%), Vitamin B12: 0.56µg (9.27%), Vitamin B6: 0.18mg (8.99%), Zinc: 1.21mg (8.07%), Selenium: 5.07µg (7.25%), Vitamin A: 310.15IU (6.2%), Magnesium: 19.42mg (4.85%), Fiber: 1.11g (4.43%), Copper: 0.08mg (3.88%), Vitamin K: 3.74µg (3.56%), Potassium: 89.5mg (2.56%), Vitamin C: 2.1mg (2.54%), Vitamin D: 0.37µg (2.46%), Vitamin B5: 0.23mg (2.32%), Vitamin E: 0.27mg (1.81%)