



Taco-Seasoned Chex™ Mix

 Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups rice chex
- 3 cups cornflakes
- 2 cups round buttery crackers
- 2 cups pretzel twists
- 1 cup roasted peanuts salted
- 3 tablespoons vegetable oil
- 2 tablespoons water
- 1 oz taco seasoning

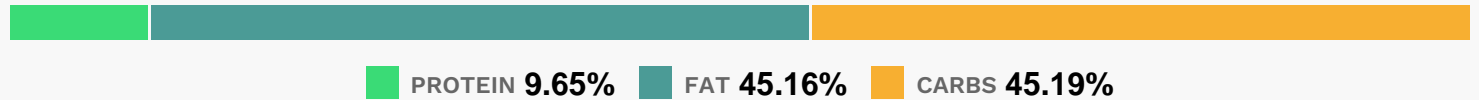
Equipment

- 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:4.15, Glycemic Load:2.72, Inflammation Score:-4, Nutrition Score:7.1582608326622%

Nutrients (% of daily need)

Calories: 138.99kcal (6.95%), Fat: 7.23g (11.12%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 14.86g (5.4%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 315.05mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Manganese: 0.4mg (19.8%), Iron: 3.29mg (18.27%), Folate: 66.21µg (16.55%), Vitamin B3: 3.11mg (15.54%), Vitamin B1: 0.18mg (12.02%), Vitamin B2: 0.16mg (9.7%), Vitamin B6: 0.18mg (8.78%), Vitamin B12: 0.44µg (7.27%), Vitamin K: 6.91µg (6.58%), Phosphorus: 60.35mg (6.03%), Fiber: 1.42g (5.67%), Vitamin A: 282.99IU (5.66%), 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 C: 2.51mg (3.04%), Vitamin E: 0.42mg (2.77%), Potassium: 87.94mg (2.51%), Vitamin B5: 0.21mg (2.07%), Vitamin D: 0.3µg (2.01%)