



Taco-Seasoned Chex® Mix

READY IN



10 min.

SERVINGS



20

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

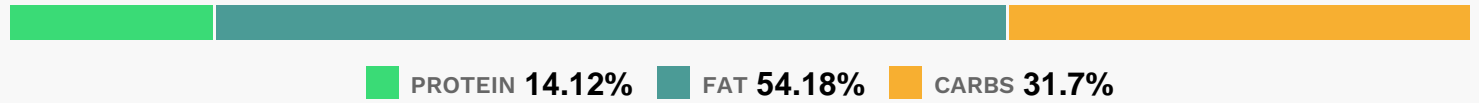
Equipment

- 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:7.7843477104021%

Nutrients (% of daily need)

Calories: 155.57kcal (7.78%), Fat: 9.68g (14.89%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 11.46g (4.17%), Sugar: 1.12g (1.24%), Cholesterol: 11.3mg (3.77%), Sodium: 336.03mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.35%), Manganese: 0.36mg (18.24%), Iron: 3.04mg (16.88%), 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%), Vitamin A: 396.22IU (7.92%), Selenium: 5.07µg (7.25%), Fiber: 1.28g (5.12%), Magnesium: 19.42mg (4.85%), Vitamin K: 4.18µg (3.98%), Copper: 0.08mg (3.88%), Vitamin C: 2.51mg (3.04%), Potassium: 89.5mg (2.56%), Vitamin D: 0.37µg (2.46%), Vitamin B5: 0.23mg (2.32%), Vitamin E: 0.29mg (1.94%)