



Tex Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



28

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups cornflakes
- 3 cups rice chex
- 3 cups wheat chex
- 1 cup roasted peanuts
- 1 cup pretzel twists
- 1 cup corn kernels toasted
- 0.3 cup butter
- 2 teaspoons pepper red crushed

- 0.5 teaspoon salt
- 0.5 teaspoon garlic powder
- 0.5 teaspoon lemon pepper
- 0.5 teaspoon chili powder
- 2 cups tortilla chips flavored

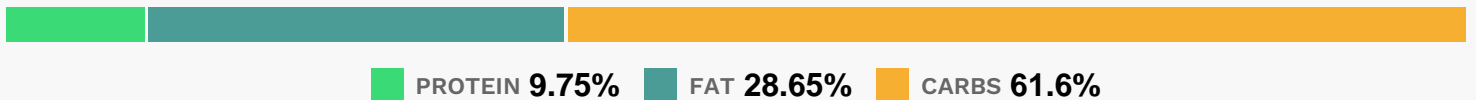
Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

Directions

- In large microwavable bowl, mix cereals, peanuts, pretzels and corn kernel nuts.
- In 2-cup microwavable measuring cup, microwave butter uncovered on High about 40 seconds or until melted. Stir in seasonings.
- Pour over cereal mixture; stir until evenly coated.
- Microwave uncovered on High for 4 to 5 minutes, stirring after each minute. Stir in tortilla chips.
- Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:19.390869503436%

Nutrients (% of daily need)

Calories: 206.77kcal (10.34%), Fat: 7.18g (11.05%), Saturated Fat: 1.12g (7%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 30.18g (10.98%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 341.22mg (14.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (10.99%), Vitamin D: 21.78µg (145.21%), Folate: 260.45µg (65.11%),

Iron: 9.96mg (55.35%), Vitamin B3: 4.78mg (23.88%), Zinc: 3.53mg (23.5%), Vitamin B1: 0.32mg (21.35%), Vitamin B6: 0.41mg (20.66%), Vitamin B2: 0.34mg (20.26%), Vitamin B12: 1.12µg (18.72%), Fiber: 4.54g (18.17%), Phosphorus: 132.96mg (13.3%), Manganese: 0.26mg (13.02%), Vitamin A: 529.43IU (10.59%), Magnesium: 40.92mg (10.23%), Calcium: 80.9mg (8.09%), Vitamin C: 4.64mg (5.62%), Potassium: 174.43mg (4.98%), Copper: 0.06mg (3.14%), Vitamin E: 0.47mg (3.12%), Vitamin B5: 0.25mg (2.5%), Selenium: 1.72µg (2.46%), Vitamin K: 2.04µg (1.94%)