



Tex Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



28

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 cups corn chex corn chex®
- ☐ 3 cups rice chex rice chex®
- ☐ 3 cups wheat chex wheat chex®
- ☐ 0.5 teaspoon chili powder
- ☐ 1 cup corn kernels toasted
- ☐ 1 cup roasted peanuts
- ☐ 0.5 teaspoon garlic powder

- ☐ 0.5 teaspoon lemon pepper
- ☐ 2 cups tortilla chips flavored
- ☐ 1 cup pretzel twists
- ☐ 2 teaspoons pepper red crushed
- ☐ 0.5 teaspoon salt

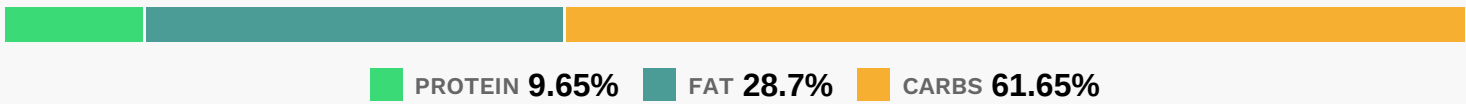
Equipment

- ☐ 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:-8, Nutrition Score:19.754347739012%

Nutrients (% of daily need)

Calories: 208.35kcal (10.42%), Fat: 7.25g (11.15%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 30.43g (11.06%), Sugar: 3.67g (4.07%), Cholesterol: 0mg (0%), Sodium: 343.23mg (14.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.97%), Vitamin D: 21.78µg (145.2%), Folate: 271.17µg

(67.79%), Iron: 9.96mg (55.35%), Zinc: 3.9mg (25.98%), Vitamin B3: 4.77mg (23.87%), Vitamin B1: 0.32mg (21.33%), Vitamin B6: 0.41mg (20.65%), Vitamin B2: 0.34mg (20.29%), Vitamin B12: 1.13µg (18.88%), Fiber: 4.6g (18.4%), Phosphorus: 134.19mg (13.42%), Manganese: 0.27mg (13.32%), Vitamin A: 583IU (11.66%), Magnesium: 40.61mg (10.15%), Calcium: 91.48mg (9.15%), Vitamin C: 4.65mg (5.64%), Potassium: 175.94mg (5.03%), Vitamin E: 0.47mg (3.16%), Copper: 0.06mg (3.08%), Selenium: 1.87µg (2.67%), Vitamin B5: 0.26mg (2.59%), Vitamin K: 2.04µg (1.94%)