



Tex-Mex Fiesta Chex Mix

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



9

CALORIES



176 kcal

SIDE DISH

Ingredients

- 8.8 oz asian rice cracker snack mix traditional chex mix®
- 0.1 teaspoon ground pepper red (cayenne)
- 2 tablespoons lime zest grated
- 0.5 cup nuts mixed
- 0.3 cup cranberries dried sweetened

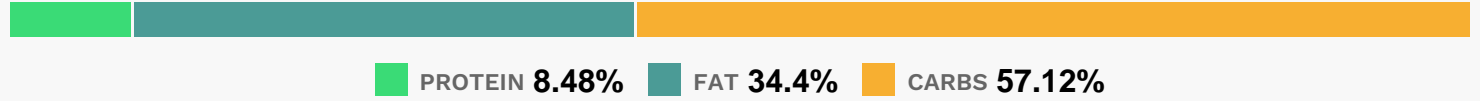
Equipment

- bowl

Directions

In medium bowl, mix all ingredients.

Nutrition Facts



Properties

Glycemic Index:10.41, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:5.279130426438%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 176.34kcal (8.82%), Fat: 6.92g (10.64%), Saturated Fat: 1g (6.23%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 23.29g (8.47%), Sugar: 4.5g (5%), Cholesterol: 1.1mg (0.37%), Sodium: 193mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Manganese: 0.39mg (19.58%), Fiber: 2.54g (10.17%), Folate: 36.93µg (9.23%), Vitamin B3: 1.79mg (8.94%), Iron: 1.53mg (8.51%), Phosphorus: 82.25mg (8.22%), Magnesium: 32.31mg (8.08%), Vitamin B1: 0.12mg (7.67%), Copper: 0.15mg (7.57%), Vitamin B2: 0.1mg (6.15%), Zinc: 0.77mg (5.13%), Vitamin K: 4.34µg (4.13%), Vitamin B6: 0.08mg (3.96%), Potassium: 108.93mg (3.11%), Selenium: 1.96µg (2.8%), Vitamin B5: 0.23mg (2.35%), Vitamin E: 0.35mg (2.35%), Calcium: 20.17mg (2.02%)