



 **63%**  
HEALTH SCORE

## The Big Game Chex® Mix (1/2 )

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



12

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 1.5 cups cornflakes
- 1.5 cups rice chex
- 1.5 cups wheat chex
- 1 cup pretzel twists
- 0.5 cup almonds smoked
- 2 tablespoons butter
- 1 tablespoon mustard yellow hot
- 1 tablespoon honey

0.5 teaspoon lawry's seasoned salt

## Equipment

bowl

aluminum foil

microwave

measuring cup

## Directions

In large microwavable bowl, mix cereals, pretzels and almonds.

In microwavable measuring cup, microwave butter, mustard, honey and seasoned salt uncovered on High 45 to 60 seconds or until butter is melted and mixture is hot; stir.

Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 4 to 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

 **PROTEIN 9.82%** **FAT 23.69%** **CARBS 66.49%**

## Properties

Glycemic Index:14.77, Glycemic Load:3.07, Inflammation Score:-8, Nutrition Score:21.537825921955%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 196.78kcal (9.84%), Fat: 5.7g (8.77%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 31.14g (11.32%), Sugar: 5.54g (6.15%), Cholesterol: 0mg (0%), Sodium: 399.4mg (17.37%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Vitamin D: 25.41µg (169.41%), Folate: 298.36µg (74.59%), Iron: 11.61mg (64.49%), Zinc: 4.04mg (26.95%), Vitamin B2: 0.46mg (26.86%), Vitamin B3: 4.81mg (24.04%), Vitamin B1: 0.36mg (23.97%), Vitamin B6: 0.45mg (22.6%), Vitamin B12: 1.31µg (21.83%), Fiber: 4.88g (19.52%), Manganese: 0.3mg (15.14%), Phosphorus: 138.08mg (13.81%), Magnesium: 45.36mg (11.34%), Vitamin E: 1.63mg (10.9%), Vitamin A: 523.94IU (10.48%), Calcium: 94.2mg (9.42%), Vitamin C: 5.35mg (6.49%), Potassium: 174.55mg (4.99%), Copper: 0.08mg (4.21%), Selenium: 1.79µg (2.56%), Vitamin B5: 0.1mg (1.04%)