



 **61%**
HEALTH SCORE

The Original Chex® Party Mix (1/2)

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



12

CALORIES



247 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 1 tablespoon worcestershire sauce
- 0.8 teaspoon lawry's seasoned salt
- 0.3 teaspoon garlic powder
- 0.3 teaspoon onion powder
- 1.5 cups cornflakes
- 1.5 cups rice chex
- 1.5 cups wheat chex

- 0.5 cup nuts mixed
- 0.5 cup pretzels
- 0.5 cup roasted-garlic bagel chips

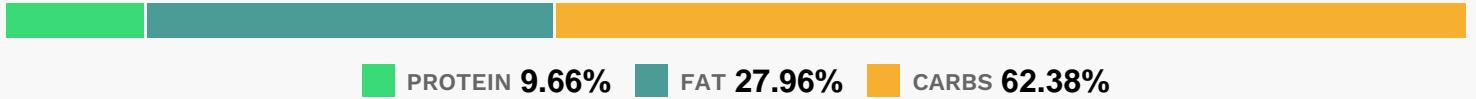
Equipment

- bowl
- paper towels
- microwave

Directions

- In large microwavable bowl, microwave butter uncovered on High about 30 seconds or until melted. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated.
- Microwave uncovered on High 4 to 5 minutes, thoroughly stirring every 2 minutes.
- Spread on paper towels to cool, about 5 minutes. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:9.81, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:21.034782594313%

Nutrients (% of daily need)

Calories: 246.64kcal (12.33%), Fat: 8.29g (12.76%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 36.65g (13.33%), Sugar: 4.67g (5.19%), Cholesterol: 0mg (0%), Sodium: 570.73mg (24.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.89%), Vitamin D: 25.41µg (169.41%), Folate: 298.42µg (74.61%), Iron: 12.03mg (66.85%), Zinc: 4.08mg (27.18%), Vitamin B3: 4.87mg (24.33%), Vitamin B1: 0.36mg (23.85%), Vitamin B2: 0.4mg (23.58%), Vitamin B6: 0.46mg (23.08%), Vitamin B12: 1.31µg (21.85%), Fiber: 4.97g (19.9%), Manganese: 0.28mg (13.78%), Phosphorus: 135.35mg (13.53%), Vitamin A: 566.74IU (11.33%), Magnesium: 42.39mg (10.6%), Calcium: 83.53mg (8.35%), Vitamin C: 5.55mg (6.73%), Copper: 0.1mg (5.06%), Potassium: 176.43mg (5.04%), Selenium: 1.13µg (1.61%), Vitamin B5: 0.14mg (1.45%)