



The Original Munch Mix

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter melted ()
- 0.3 tsp garlic powder
- 1 cup planters nuts mixed
- 2 cups popped popcorn
- 1 cup pretzels
- 1 env. seasons dressing mix italian good
- 4 cups bite-size wheat cereal shredded
- 2 Tbsp lea & perrins worcestershire sauce

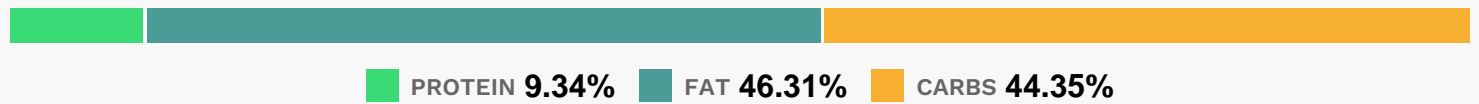
Equipment

- oven
- baking pan

Directions

- Preheat oven to 300F. Toss cereal with popcorn, pretzels and nuts in 15x10x1-inch baking pan.
- Sprinkle evenly with salad dressing mix.
- Mix butter, Worcestershire sauce and garlic powder.
- Drizzle evenly over cereal mixture; toss to coat.
- Bake 30 to 35 min. or until lightly toasted, stirring after 15 min. Cool. Store in tightly covered container at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:4.21, Inflammation Score:-3, Nutrition Score:5.1530434941144%

Nutrients (% of daily need)

Calories: 145.05kcal (7.25%), Fat: 7.95g (12.24%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 14.54g (5.29%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 129.68mg (5.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Manganese: 0.53mg (26.64%), Fiber: 2.59g (10.37%), Magnesium: 39.73mg (9.93%), Phosphorus: 96.24mg (9.62%), Copper: 0.17mg (8.68%), Vitamin B6: 0.17mg (8.47%), Vitamin B3: 1.35mg (6.75%), Iron: 1.07mg (5.93%), Zinc: 0.79mg (5.3%), Vitamin B1: 0.07mg (4.84%), Folate: 19.26µg (4.81%), Potassium: 132.65mg (3.79%), Vitamin B2: 0.05mg (3.23%), Vitamin A: 132.6IU (2.65%), Vitamin C: 1.61mg (1.95%), Vitamin B5: 0.17mg (1.72%), Calcium: 17mg (1.7%)