



Touchdown Party Mix

READY IN



40 min.

SERVINGS



8

CALORIES



890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup roasted-garlic bagel chips mini
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 cups cheese
- ☐ 1 tablespoon ground mustard dry
- ☐ 1 teaspoon garlic powder
- ☐ 2 cups nuts mixed salted
- ☐ 0.5 teaspoon paprika
- ☐ 1 cup pita chips mini
- ☐ 1 cup pretzel nuggets

- ☐ 2 cups rice chex
- ☐ 2.3 oz roasted pumpkin seeds
- ☐ 3.8 oz roasted sunflower seeds
- ☐ 8 tablespoons butter unsalted melted (1 stick)
- ☐ 1 cup wasabi peas
- ☐ 0.3 cup worcestershire sauce

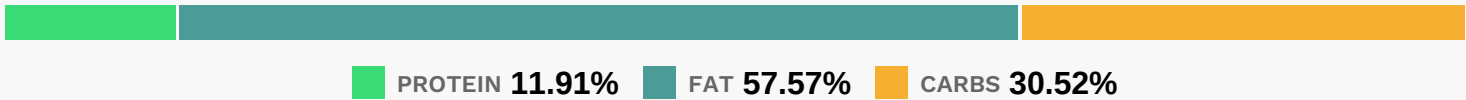
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 325F. In a large bowl, toss together nuts, crackers, cereal, pretzels, peas, seeds and all chips. In a small bowl, combine butter with Worcestershire sauce, dry mustard, garlic powder, paprika and cayenne.
- ☐ Pour onto nut mixture; toss to mix well.
- ☐ Spread out in a single layer on a rimmed baking sheet and bake until brown and crispy, 20 to 25 minutes.
- ☐ Let cool on baking sheet on a wire rack. Store in an airtight container at room temperature until ready to serve.

Nutrition Facts



Properties

Glycemic Index:13.58, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:27.287825947223%

Nutrients (% of daily need)

Calories: 889.55kcal (44.48%), Fat: 58.66g (90.25%), Saturated Fat: 18.37g (114.8%), Carbohydrates: 69.95g (23.32%), Net Carbohydrates: 62.81g (22.84%), Sugar: 7.66g (8.51%), Cholesterol: 60.36mg (20.12%), Sodium: 1248.86mg (54.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.31g (54.63%), Manganese: 1.64mg (81.81%), Iron: 10.76mg (59.75%), Phosphorus: 564.72mg (56.47%), Copper: 0.86mg (43.18%), Magnesium: 158.38mg (39.6%), Vitamin E: 5.87mg (39.14%), Selenium: 24.14µg (34.48%), Zinc: 4.79mg (31.94%), Folate: 118.83µg (29.71%), Calcium: 290.02mg (29%), Fiber: 7.14g (28.57%), Vitamin B2: 0.39mg (22.89%), Vitamin B3: 4.32mg (21.6%), Vitamin B6: 0.38mg (19.18%), Vitamin B1: 0.26mg (17.65%), Vitamin A: 879.91IU (17.6%), Vitamin B5: 1.67mg (16.7%), Potassium: 469.65mg (13.42%), Vitamin B12: 0.7µg (11.68%), Vitamin C: 5.23mg (6.35%), Vitamin D: 0.63µg (4.2%), Vitamin K: 2.84µg (2.7%)