



Wedding Day Chex® Mix

 Dairy Free

READY IN



15 min.

SERVINGS



26

CALORIES



383 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups pinenuts
- 12 oz candy coating disks (almond bark)
- 2 tablespoons vegetable oil
- 10 oz pretzels white
- 1.5 cups almonds white

Equipment

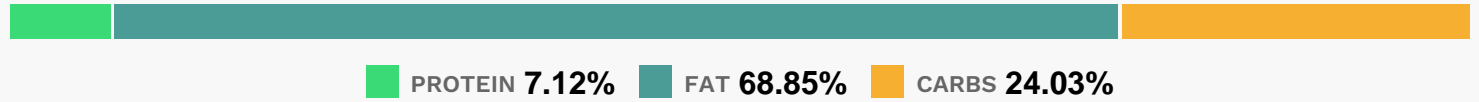
- bowl
- frying pan

- aluminum foil
- microwave

Directions

- Line 15x10x1-inch pan with waxed paper or foil. In large bowl, place cereal.
- In medium microwavable bowl, place candy coating and oil; microwave uncovered on High 1 minute; stir. Microwave on High 20 seconds longer if necessary until coating is melted.
- Pour over cereal, stirring until evenly coated.
- Spread in pan. Refrigerate 4 to 6 minutes or until candy coating is set.
- Break into bite-size pieces in large bowl. Stir in pretzels and almonds.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:7.04, Inflammation Score:-5, Nutrition Score:14.256956525471%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 383.26kcal (19.16%), Fat: 30.53g (46.97%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 21.42g (7.79%), Sugar: 11.06g (12.29%), Cholesterol: 0mg (0%), Sodium: 139.71mg (6.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Manganese: 3.03mg (151.62%), Vitamin E: 5.16mg (34.37%), Magnesium: 103.63mg (25.91%), Copper: 0.51mg (25.66%), Phosphorus: 232.77mg (23.28%), Vitamin K: 19.02µg (18.12%), Zinc: 2.38mg (15.87%), Iron: 2.53mg (14.05%), Vitamin B2: 0.2mg (11.82%), Vitamin B1: 0.18mg (11.77%), Vitamin B3: 2.24mg (11.2%), Fiber: 2.55g (10.22%), Folate: 33.96µg (8.49%), Potassium: 270.78mg (7.74%), Calcium: 30.12mg (3.01%), Vitamin B6: 0.05mg (2.43%), Vitamin B5: 0.17mg (1.73%), Selenium: 1.04µg (1.48%)