

Spicy Snack Mix



Ingredients:

- 4 oz Old Wisconsin Snack Sticks - sliced
- 8 oz Rice Chex cereal
- 4 oz pecans
- 4 oz walnuts
- 4 oz pistachios
- 4 oz milk chocolate chips
- 2 oz maple syrup
- 1 tbl mesquite seasoning

Directions:

- Preheat oven to 400 deg F.
- In a hot skillet, sauté Old Wisconsin Snack Sticks until fat renders out.
- In a bowl, add pecans, walnuts, pistachios and Snack Sticks. Add maple syrup and mesquite seasoning, and mix well.
- Pour mixture onto a greased cookie sheet and place in oven, stirring every five minutes. Roast mixture for fifteen minutes, or until nuts have browned and release a nutty aroma.
- Remove from oven and cool to room temperature.
- When completely cooled, add Rice Chex cereal and chocolate chips, and mix well.

Prep Time: 10 minutes

Total Time: 25 minutes

Makes: 20 servings of 1 oz

Cost: \$0.91/per serving

Nutritional Facts

per serving (daily value): Calories 191kcal; Protein 4g (8%); Total Fat 13g (20%)(Sat. 2g (10%), Mono. 5g, Poly. 5g); Chol. 1.4mg (0%); Carb. 17g (6%); Fiber 3g (11%); Sugars 8g; Calcium 38mg (4%); Iron 1mg (6%); Magnesium 65mg (16%); Phosphorus 108mg (11%); Potassium 187mg (5%); Sodium 44mg (2%); Zinc 1mg (6%); Copper 0.5mg (16%); Manganese 1mg; Selenium 3µg; Vit. C 0.5mg (1%); Vit. B1 0.1mg (10%); Vit. B2 0.1mg (5%); Vit. B3 0.5mg (2%); Vit. B5 0.1mg (1%); Vit. B6 0.2mg (8%); Folate 12µg; Fol. acid 0µg; Food fol. 12µg; Diet. fol. eq. 12µg (3%); Vit. B12 0.03µg (1%); Vit. A 28IU (1%); Vit. A (RAE) 2µg; Vit. A1 0µg; Vit. E 0.4mg (2%); Vit. K 1µg; Alpha-carotene 0µg; Beta-carotene 17µg; Beta-cryptoxanthin 1µg; Lycopene 0µg; Lutein+Zeaxanthin 96µg; Alcohol 0g; Caff. 3mg; Vit. D (IU) 0IU (0%); Starch 0.1g; Theobromine 27mg; Phytosterols 22mg; Sugar alcohol 0g; Trans fat 0g; Glutamic acid 0.5g; Choline 8.5mg; Vit. D 0µ