



March 20- Ranch Cheese Chex Mix

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=456713>

Recipe

Ingredients:

- 10 cups any combination of Rice, Corn or Wheat Chex
- 2 cups pretzels
- 1/4 cup Parmesan cheese
- 1 package of Hidden Valley Ranch Dip mix
- 4 Tablespoons butter

Directions:

1. Combine cereal and pretzels in large bowl.
2. In separate bowl microwave butter until melted. Pour over Chex pretzels; stir to coat.
3. Shake Ranch mix over cereal and stir, adding in cheese. Mix until entirely coated.
4. Put mixture onto cookie sheet and bake for 5-10 minutes at 350°F.

Yield 26 servings

Nutrition Facts

Serving Size 1/2 cup (29.02g)
Servings Per Container 26

Amount Per Serving

Calories 120 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 340mg **14%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **10%**

Sugars 3g

Protein 3g **5%**

Vitamin A 6% • Vitamin C 6%

Calcium 6% • Iron 40%

* Percent Daily Values are based on a 2,000 calorie diet.