

# Crunchy Italian Mix

Yield: 13 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-mix-recipe>

## Ingredients:

- 1/2 cup butter cubed
- 3 teaspoons worcestershire sauce
- 1 teaspoon italian seasoning
- 1/2 teaspoon garlic powder
- 5 cups crispix
- 2 cups cheerios
- 2 1/2 cups pretzels miniature
- 10 ounces mixed nuts
- 1/4 cup grated Parmesan cheese

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 20 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 6 grams
8. Sodium: 450 milligrams
9. Sugar: 2 grams

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