

Grandma Jensen's Nuts and Bolts

Yield: 12 min
Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-wheat-rice-recipe>

Ingredients:

- 2 cups wheat bite-size, square cereal, such as Wheat Chex®
- 2 cups corn bite-size, square cereal, such as Corn Chex®
- 2 cups rice bite-size, square cereal, such as Rice Chex®
- 2 cups toasted oat cereal rings, such as Cheerios®
- 2 cups crackers cheese-flavored, such as Cheez-It®
- 2 cups pretzels
- 2 cups mixed nuts
- 1 cup butter
- 2 1/2 teaspoons garlic powder
- 3 tablespoons worcestershire sauce

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 40 milligrams
4. Fat: 29 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 12 grams
8. Sodium: 550 milligrams
9. Sugar: 3 grams

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