



## Annie's Bunny Trail Mix

 Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



374 kcal

SIDE DISH

### Ingredients

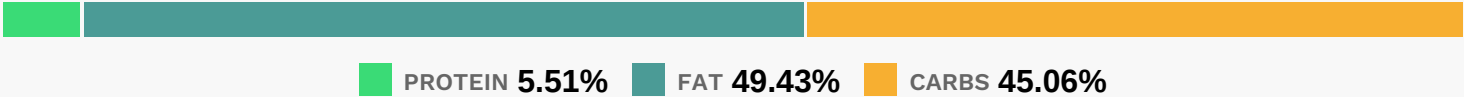
- ☐ 1 cup almonds (or combination of all 3)
- ☐ 0.5 cup apples dried coarsely chopped
- ☐ 0.5 cup banana chips
- ☐ 3 cups bunny love cereal organic for vegan (the and wheat-free version of O's type cereal, do not use the honey version )
- ☐ 0.3 cup chocolate-covered peanuts
- ☐ 1 cup cranberries dried
- ☐ 0.8 cup semi-sweet chocolate chips for dairy-free and soy-free (try Enjoy Life brand )
- ☐ 0.5 cup coconut flakes unsweetened (preferably )

# Equipment

## Directions

☐ Combine all ingredients and mix well.You may substitute other dried fruits (mangoes, papaya, apricots) for apples, or combine them all together and mix it up!

## Nutrition Facts



## Properties

Glycemic Index:14.91, Glycemic Load:7.18, Inflammation Score:-7, Nutrition Score:19.032173871994%

## Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 373.69kcal (18.68%), Fat: 21.94g (33.76%), Saturated Fat: 9.52g (59.49%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 37.06g (13.48%), Sugar: 27.04g (30.05%), Cholesterol: 1.15mg (0.38%), Sodium: 87.79mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.67mg (4.89%), Protein: 5.5g (11.01%), Manganese: 1.97mg (98.53%), Iron: 6.35mg (35.27%), Fiber: 7.95g (31.81%), Copper: 0.62mg (31.18%), Folate: 118.91µg (29.73%), Magnesium: 100.02mg (25.01%), Vitamin B1: 0.31mg (20.83%), Vitamin B6: 0.39mg (19.4%), Vitamin E: 2.85mg (18.98%), Phosphorus: 177.54mg (17.75%), Selenium: 10.91µg (15.59%), Vitamin B3: 3.09mg (15.47%), Vitamin B2: 0.26mg (15.09%), Vitamin B12: 0.8µg (13.34%), Zinc: 1.79mg (11.92%), Potassium: 376.99mg (10.77%), Vitamin A: 399.95IU (8%), Vitamin K: 5.15µg (4.9%), Vitamin B5: 0.45mg (4.45%), Calcium: 42.88mg (4.29%), Vitamin D: 0.5µg (3.3%), Vitamin C: 1.76mg (2.13%)