



Camp Trail Mix



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 1 cup carob chips
- ☐ 6 cups honey-oat cereal
- ☐ 1 cup cranberries dried
- ☐ 2 cups peanuts
- ☐ 0.5 cup sunflower seeds

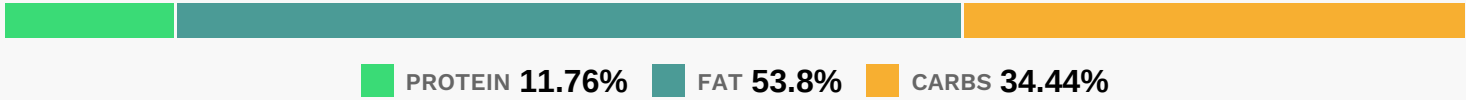
Equipment

- ☐ mixing bowl

Directions

☐ Combine the cereal, peanuts, cranberries, carob chips, and sunflower seeds in a mixing bowl. Store at room temperature in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:20.121304283971%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 386.97kcal (19.35%), Fat: 24.55g (37.76%), Saturated Fat: 7.96g (49.76%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 29.4g (10.69%), Sugar: 15.68g (17.42%), Cholesterol: 0.18mg (0.06%), Sodium: 89.52mg (3.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.08g (24.16%), Manganese: 1.41mg (70.29%), Folate: 179.03µg (44.76%), Vitamin B3: 7.72mg (38.59%), Vitamin B1: 0.48mg (31.98%), Iron: 5.41mg (30.08%), Magnesium: 98mg (24.5%), Fiber: 5.95g (23.8%), Copper: 0.47mg (23.64%), Phosphorus: 226.15mg (22.61%), Vitamin B6: 0.45mg (22.26%), Zinc: 3.29mg (21.93%), Vitamin E: 2.95mg (19.63%), Vitamin B12: 0.9µg (15.06%), Selenium: 9.8µg (14%), Calcium: 136.79mg (13.68%), Potassium: 460.1mg (13.15%), Vitamin B5: 0.89mg (8.89%), Vitamin A: 420.82IU (8.42%), Vitamin B2: 0.11mg (6.54%), Vitamin C: 2.9mg (3.52%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.56µg (2.44%)