



## Elegant Party Mix

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



326 kcal

SIDE DISH

## Ingredients

- 2 cups mangos dried cut
- 1 cup pineapple chunks dried cut in half
- 1 cup cherries dried red
- 1 cup banana chips dried
- 1 cup raisins
- 1 cup pretzels
- 0.5 cup pistachios salted shelled
- 3.3 oz macadamia nuts

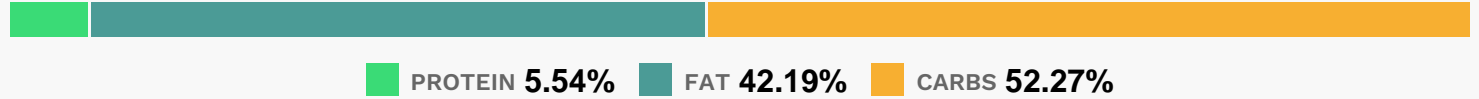
# Equipment

## Directions

In large container, combine all ingredients; mix well.

Spoon mix into decorative food storage containers.

## Nutrition Facts



## Properties

Glycemic Index:30.44, Glycemic Load:17.72, Inflammation Score:-6, Nutrition Score:11.142174005508%

## Flavonoids

Cyanidin: 5.82mg, Cyanidin: 5.82mg, Cyanidin: 5.82mg, Cyanidin: 5.82mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 326.45kcal (16.32%), Fat: 16.4g (25.23%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 45.72g (15.24%), Net Carbohydrates: 40.14g (14.6%), Sugar: 17.16g (19.07%), Cholesterol: 0mg (0%), Sodium: 131.07mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Manganese: 0.91mg (45.68%), Vitamin C: 21.43mg (25.97%), Fiber: 5.58g (22.32%), Vitamin B1: 0.32mg (21.51%), Copper: 0.37mg (18.35%), Vitamin B6: 0.31mg (15.56%), Potassium: 494.23mg (14.12%), Magnesium: 51.15mg (12.79%), Folate: 45.22µg (11.31%), Iron: 2mg (11.1%), Phosphorus: 103.13mg (10.31%), Vitamin A: 512.87IU (10.26%), Vitamin B3: 1.58mg (7.88%), Vitamin B2: 0.13mg (7.44%), Vitamin E: 0.7mg (4.67%), Zinc: 0.61mg (4.09%), Calcium: 39.06mg (3.91%), Vitamin B5: 0.35mg (3.51%), Selenium: 2.03µg (2.9%), Vitamin K: 2.72µg (2.59%)