



Favorite Trail Mix

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



6

CALORIES



691 kcal

SIDE DISH

Ingredients

- 1 cup m&m candies dark chocolate[®] (such as M&M's)
- 0.5 cup cherries dried
- 0.5 cup blueberries dried
- 2.5 cups nuts mixed salted (without peanuts)
- 0.5 cup pineapple dried
- 1 cup cranberries dried sweetened

Equipment

Directions

Combine the cranberries, cherries, blueberries, pineapple, chocolate, and mixed nuts until evenly blended. Store in an airtight container.

Nutrition Facts



PROTEIN 7.09% **FAT 49.14%** **CARBS 43.77%**

Properties

Glycemic Index:8.61, Glycemic Load:3.26, Inflammation Score:-6, Nutrition Score:14.062608668986%

Flavonoids

Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 690.96kcal (34.55%), Fat: 39.54g (60.84%), Saturated Fat: 9.18g (57.35%), Carbohydrates: 79.25g (26.42%), Net Carbohydrates: 69.61g (25.31%), Sugar: 54.98g (61.09%), Cholesterol: 5.2mg (1.73%), Sodium: 35.12mg (1.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.69%), Manganese: 1.22mg (61.19%), Copper: 0.79mg (39.35%), Fiber: 9.63g (38.54%), Magnesium: 137.07mg (34.27%), Phosphorus: 265.03mg (26.5%), Iron: 3.23mg (17.96%), Zinc: 2.31mg (15.39%), Vitamin B3: 2.95mg (14.74%), Potassium: 493.63mg (14.1%), Calcium: 98.54mg (9.85%), Vitamin B6: 0.19mg (9.55%), Vitamin B1: 0.13mg (8.38%), Vitamin B5: 0.79mg (7.9%), Vitamin B2: 0.13mg (7.61%), Folate: 30.46µg (7.61%), Vitamin C: 3.2mg (3.88%), Vitamin E: 0.43mg (2.88%), Vitamin A: 94.01IU (1.88%), Vitamin K: 1.78µg (1.69%)