



Fruit-and-Nut Trail Mix



Vegetarian



Vegan

READY IN



30 min.

SERVINGS



7

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds raw
- ☐ 0.3 cup banana chips
- ☐ 0.3 cup apricots dried
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup golden raisins
- ☐ 7 servings kosher salt
- ☐ 0.3 cup cashew pieces raw
- ☐ 0.3 cup walnut halves raw

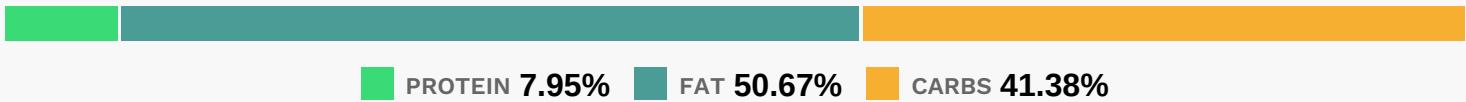
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ Toss the nuts with a pinch of salt and spread on a baking sheet. Toast for 10 minutes until golden, stirring halfway through.
- ☐ Let the nuts cool completely.
- ☐ Mix the nuts with the dried fruits.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:3.49, Inflammation Score:-3, Nutrition Score:5.0226087077804%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 138.29kcal (6.91%), Fat: 8.41g (12.94%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 13.37g (4.86%), Sugar: 10.36g (11.51%), Cholesterol: 0mg (0%), Sodium: 195.96mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Manganese: 0.42mg (21.09%), Copper: 0.26mg (13.2%), Vitamin E: 1.68mg (11.22%), Magnesium: 39.63mg (9.91%), Fiber: 2.08g (8.32%), Phosphorus: 77.64mg (7.76%), Potassium: 197.19mg (5.63%), Iron: 0.89mg (4.95%), Vitamin B2: 0.08mg (4.84%), Zinc: 0.62mg (4.11%), Vitamin B6: 0.08mg (4.08%), Vitamin A: 170.74IU (3.41%), Vitamin B1: 0.05mg (3.23%), Calcium: 25.89mg (2.59%), Vitamin B3:

0.51mg (2.53%), Vitamin K: 2.38µg (2.26%), Selenium: 1.54µg (2.2%), Folate: 8.54µg (2.13%), Vitamin B5: 0.15mg (1.47%)