



Healthful Fruit-and-Nut Mix

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



636 kcal

Ingredients

- 6 ounce almonds smoked
- 1 cup apricot dried quartered
- 0.8 cup cranberries dried
- 9.5 ounce nuts mixed canned

Equipment

- bowl

Directions

- Combine 1 (5-oz.) container mixed nuts, 1 (6-oz.) container smoked almonds, 1 cup quartered dried apricots, and 3/4 cup dried cranberries in a large bowl. Store in an airtight container.
- Add a few morsels of delicious antioxidant-rich dark chocolate.
- For testing purposes only, we used Planters Select Cashews With Almonds and Pecans and Blue Diamond Smokehouse Almonds.

Nutrition Facts

PROTEIN 10.2%

FAT 59.21%

CARBS 30.59%

Properties

Glycemic Index:14.61, Glycemic Load:7.72, Inflammation Score:-9, Nutrition Score:24.950434845427%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 635.59kcal (31.78%), Fat: 45.02g (69.26%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 52.33g (17.44%), Net Carbohydrates: 40.37g (14.68%), Sugar: 28.56g (31.74%), Cholesterol: 0mg (0%), Sodium: 10.31mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.44g (34.89%), Manganese: 1.93mg (96.5%), Vitamin E: 10.22mg (68.11%), Copper: 1.14mg (57%), Magnesium: 222.09mg (55.52%), Fiber: 11.96g (47.85%), Phosphorus: 417.86mg (41.79%), Vitamin B2: 0.52mg (30.58%), Potassium: 881.44mg (25.18%), Vitamin B3: 4.54mg (22.68%), Iron: 4.02mg (22.32%), Zinc: 3.23mg (21.52%), Vitamin A: 945.46IU (18.91%), Calcium: 145.15mg (14.52%), Vitamin B6: 0.25mg (12.51%), Vitamin B1: 0.18mg (12.25%), Folate: 44.5µg (11.13%), Vitamin B5: 0.98mg (9.82%), Selenium: 2.08µg (2.97%), Vitamin K: 2.19µg (2.08%)