



Hiker's Trail Mix



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 1 cup all-bran cereal
- ☐ 1 cup corn flakes/bran flakes fiber honey clusters®
- ☐ 1.5 cups soy nuts
- ☐ 0.8 cup raisins
- ☐ 0.8 cup almonds whole

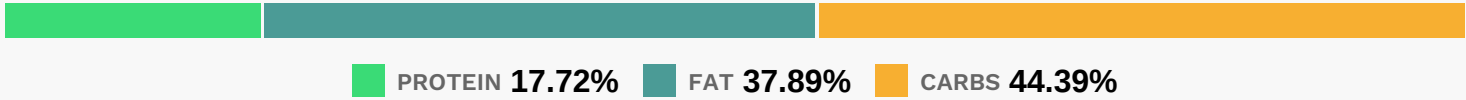
Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐ In large bowl or gallon-size resealable food-storage plastic bag, mix all ingredients.
- ☐ Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:15.48, Glycemic Load:6.43, Inflammation Score:-6, Nutrition Score:14.726087057072%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 155.32kcal (7.77%), Fat: 7.35g (11.3%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 14.56g (5.3%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 34.19mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Manganese: 0.98mg (49.2%), Vitamin B6: 0.73mg (36.61%), Folate: 117.95µg (29.49%), Vitamin B2: 0.39mg (23.11%), Phosphorus: 199.62mg (19.96%), Magnesium: 79.69mg (19.92%), Fiber: 4.8g (19.2%), Vitamin B12: 1.14µg (18.97%), Iron: 2.87mg (15.93%), Vitamin B1: 0.24mg (15.92%), Vitamin E: 2.38mg (15.83%), Copper: 0.32mg (15.76%), Zinc: 1.66mg (11.05%), Potassium: 369.31mg (10.55%), Vitamin B3: 1.87mg (9.34%), Selenium: 4.9µg (7%), Calcium: 64.42mg (6.44%), Vitamin K: 4.62µg (4.4%), Vitamin A: 173.68IU (3.47%), Vitamin C: 2.06mg (2.49%), Vitamin D: 0.33µg (2.21%), Vitamin B5: 0.18mg (1.85%)