



Lip Smackin' Trail Mix

 Vegetarian

READY IN

ready

70 min.

SERVINGS

servings

5

CALORIES

calories

1303 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.5 cup apricots dried diced
- ☐ 1 cup banana chips
- ☐ 3.5 ounce coconut or flaked canned
- ☐ 0.5 cup cherries dried
- ☐ 0.5 cup golden raisins
- ☐ 2 cups cereal recommended: Hudson Valley Dessert Company
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cups pecans coarsely chopped

- ☐ 0.5 cup raisins dark
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sunflower seeds meat only
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.3 cups vegetable oil
- ☐ 0.8 cups walnuts coarsely chopped
- ☐ 0.5 cup wheat germ

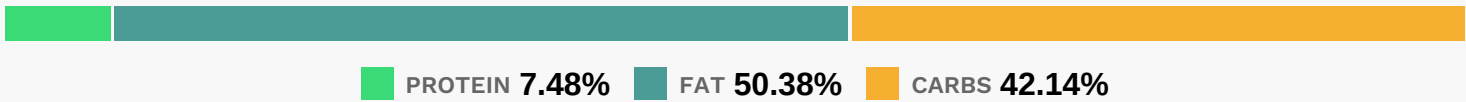
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 300 degrees F.
- ☐ In large mixing bowl, combine all ingredients except banana chips and raisins, cherries and apricots.
- ☐ Mix well.
- ☐ Spread evenly in an aluminum foil-lined baking sheet.
- ☐ Bake 55 to 60 minutes, stirring every 15 minutes.
- ☐ Remove from oven; stir in banana chips, raisins, cherries and apricots. Cool thoroughly. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:52.97, Glycemic Load:41.69, Inflammation Score:-9, Nutrition Score:38.673043624215%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 1303.25kcal (65.16%), Fat: 76.56g (117.79%), Saturated Fat: 26.31g (164.46%), Carbohydrates: 144.12g (48.04%), Net Carbohydrates: 127.76g (46.46%), Sugar: 83.87g (93.19%), Cholesterol: 26.99mg (9%), Sodium: 602.39mg (26.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.12%), Manganese: 5.43mg (271.67%), Phosphorus: 723.02mg (72.3%), Fiber: 16.37g (65.46%), Copper: 1.3mg (64.85%), Selenium: 42.3µg (60.42%), Vitamin E: 8.68mg (57.86%), Magnesium: 228.21mg (57.05%), Vitamin B1: 0.85mg (56.73%), Potassium: 1396.57mg (39.9%), Vitamin B2: 0.66mg (38.66%), Zinc: 5.75mg (38.31%), Vitamin B6: 0.75mg (37.72%), Iron: 6.71mg (37.27%), Calcium: 353.3mg (35.33%), Folate: 115.21µg (28.8%), Vitamin K: 25.03µg (23.84%), Vitamin A: 1145.42IU (22.91%), Vitamin B3: 3.83mg (19.14%), Vitamin B5: 1.89mg (18.85%), Vitamin C: 5.47mg (6.63%), Vitamin B12: 0.38µg (6.39%), Vitamin D: 0.16µg (1.06%)