



Mountain Trail Mix



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 1.7 ounce candy-coated milk chocolate pieces (such as M&M's®)
- ☐ 0.5 cup cashew pieces
- ☐ 0.3 cup peanuts
- ☐ 0.5 cup raisins

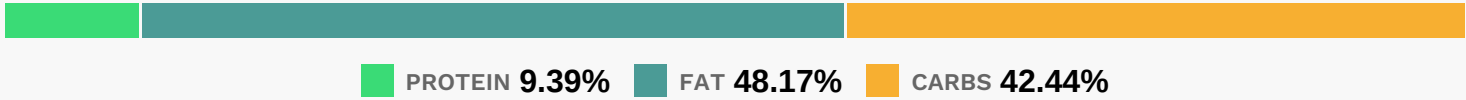
Equipment

- ☐ bowl

Directions

☐ Combine the cashews, peanuts, almonds, raisins, and chocolate in a bowl. Store in an airtight container to store.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:5.88, Inflammation Score:-2, Nutrition Score:5.22913051429%

Nutrients (% of daily need)

Calories: 169.97kcal (8.5%), Fat: 9.66g (14.86%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 17.18g (6.25%), Sugar: 5.63g (6.25%), Cholesterol: 1.2mg (0.4%), Sodium: 11.44mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.47%), Manganese: 0.37mg (18.54%), Copper: 0.33mg (16.36%), Magnesium: 46.45mg (11.61%), Phosphorus: 96.41mg (9.64%), Fiber: 1.97g (7.88%), Iron: 1.37mg (7.6%), Vitamin B1: 0.1mg (6.67%), Potassium: 215.9mg (6.17%), Vitamin B3: 1.22mg (6.09%), Zinc: 0.77mg (5.15%), Vitamin B6: 0.09mg (4.44%), Folate: 17.65µg (4.41%), Selenium: 2.65µg (3.79%), Vitamin K: 3.67µg (3.49%), Calcium: 23.07mg (2.31%), Vitamin B2: 0.04mg (2.14%), Vitamin B5: 0.21mg (2.06%)