



Multigrain Soy Trail Mix



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chocolate chips
- ☐ 1 cup honey
- ☐ 0.8 cup raisins
- ☐ 1.5 cups soy nuts

Equipment

- ☐ ziploc bags

Directions

☐ Mix all ingredients. Store in resealable plastic bag or tightly covered container.

Nutrition Facts



Properties

Glycemic Index:9.26, Glycemic Load:15.96, Inflammation Score:-1, Nutrition Score:4.1330434394919%

Nutrients (% of daily need)

Calories: 202.63kcal (10.13%), Fat: 4.7g (7.24%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 37.4g (13.6%), Sugar: 27.48g (30.53%), Cholesterol: 0mg (0%), Sodium: 3.9mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.83%), Manganese: 0.3mg (15.03%), Phosphorus: 83.37mg (8.34%), Copper: 0.16mg (8.15%), Potassium: 269.45mg (7.7%), Magnesium: 29.79mg (7.45%), Vitamin B2: 0.12mg (6.76%), Fiber: 1.61g (6.46%), Folate: 24.67µg (6.17%), Iron: 0.81mg (4.51%), Zinc: 0.63mg (4.22%), Vitamin K: 4.3µg (4.1%), Vitamin B1: 0.06mg (3.99%), Selenium: 2.52µg (3.61%), Calcium: 25.86mg (2.59%), Vitamin B6: 0.05mg (2.5%), Vitamin C: 1.17mg (1.41%), Vitamin B3: 0.26mg (1.29%)