



Napa 'Road' Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



542 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds toasted
- 0.3 cup cherries dried
- 0.3 cup pears dried
- 0.3 cup calmyrna figs dried cut into halves
- 0.5 cup sesame "fries"
- 0.3 cup hazelnuts peeled toasted
- 0.3 cup medjool dates pitted cut in 1/2 lengthwise
- 0.3 cup nectarines dried cut into quarters

0.3 cup pumpkin seeds toasted

0.5 cup sesame "bits"

Equipment

bowl

Directions

In a bowl mix together the first 8 ingredients. Carefully blend in the sesame "fries" and "bits."

Transfer the mixture to zip-lock bags or other storage container.

Nutrition Facts

 **PROTEIN 9.15%**  **FAT 53.02%**  **CARBS 37.83%**

Properties

Glycemic Index:79.44, Glycemic Load:10.13, Inflammation Score:-8, Nutrition Score:25.668260408484%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 541.91kcal (27.1%), Fat: 34.03g (52.36%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 54.64g (18.21%), Net Carbohydrates: 43.39g (15.78%), Sugar: 27.98g (31.09%), Cholesterol: 0mg (0%), Sodium: 200.97mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.43%), Manganese: 2.03mg (101.72%), Copper: 1.55mg (77.35%), Magnesium: 201.41mg (50.35%), Fiber: 11.26g (45.03%), Phosphorus: 383.91mg (38.39%), Iron: 6.39mg (35.53%), Vitamin E: 4.87mg (32.48%), Calcium: 323.2mg (32.32%), Vitamin B1: 0.36mg (23.89%), Zinc: 3.41mg (22.71%), Vitamin B6: 0.42mg (20.89%), Potassium: 725.99mg (20.74%), Vitamin B3: 3.59mg (17.97%), Vitamin B2: 0.27mg (16.13%), Selenium: 10.26µg (14.66%), Folate: 57.33µg (14.33%), Vitamin A: 450.35IU (9.01%), Vitamin B5: 0.63mg (6.29%), Vitamin K: 6.49µg (6.19%), Vitamin C: 5.04mg (6.11%)