



Pumpkin Pie-Spiced Trail Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



596 kcal

DESSERT

Ingredients

- 0.5 cup almonds raw
- 0.5 inch thick crystallized ginger
- 0.3 cup cranberries dried
- 0.3 tablespoon ground cinnamon
- 1 pinch ground cloves
- 0.3 teaspoon ground ginger
- 0.1 teaspoon ground nutmeg
- 0.3 cup maple syrup

- 1 cup pecan halves raw
- 0.5 cup cashew pieces raw
- 1 pinch salt
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven

Directions

- Preheat oven to 35
- Spread 1 cup raw pecan halves, 1/2 cup raw cashews, and 1/2 cup raw almonds in a single layer on a parchment paper-lined baking sheet.
- Bake 10 minutes or until lightly toasted and fragrant, stirring once.
- Remove from oven, and transfer to a bowl. Reduce oven temperature to 30
- Bring 1/4 cup maple syrup, 1 tsp. vanilla extract, 1/4 tsp. ground cinnamon, 1/4 tsp. ground ginger, 1/8 tsp. ground nutmeg, and a pinch each of ground cloves and table salt to a rolling boil in a saucepan over medium-high heat.
- Drizzle hot syrup over nut mixture in bowl; toss to coat.
- Spread coated nut mixture in a single layer on same parchment-lined baking sheet.
- Bake at 300 for 25 to 30 minutes or until glaze begins to harden.
- Spread mixture onto lightly greased parchment paper, and cool completely.
- Transfer to a bowl, and stir in 1/4 cup each dried cranberries and 1/2-inch-thick crystallized ginger slices.

Nutrition Facts



Properties

Glycemic Index:52.23, Glycemic Load:8.44, Inflammation Score:-7, Nutrition Score:21.59260902327%

Flavonoids

Cyanidin: 4.19mg, Cyanidin: 4.19mg, Cyanidin: 4.19mg, Cyanidin: 4.19mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epigallocatechin: 2.48mg, Epigallocatechin: 2.48mg, Epigallocatechin: 2.48mg, Epigallocatechin: 2.48mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 596.41kcal (29.82%), Fat: 45.24g (69.6%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 36.09g (13.12%), Sugar: 27.56g (30.63%), Cholesterol: 0mg (0%), Sodium: 19.06mg (0.83%), Alcohol: 0.46g (100%), Alcohol %: 0.49% (100%), Protein: 12.06g (24.12%), Manganese: 3.23mg (161.34%), Copper: 1.12mg (56.24%), Vitamin E: 6.99mg (46.58%), Magnesium: 174.25mg (43.56%), Vitamin B2: 0.67mg (39.57%), Phosphorus: 335.35mg (33.54%), Fiber: 7.8g (31.19%), Vitamin B1: 0.38mg (25.16%), Zinc: 3.7mg (24.68%), Iron: 3.32mg (18.45%), Potassium: 524.9mg (15%), Calcium: 132.71mg (13.27%), Vitamin B6: 0.2mg (9.91%), Selenium: 6.69µg (9.55%), Vitamin K: 9.51µg (9.06%), Vitamin B3: 1.59mg (7.93%), Vitamin B5: 0.61mg (6.08%), Folate: 23.25µg (5.81%)