



Pumpkin Seed Dried Cherry Trail Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings coarse salt
- ☐ 1 cup cherries dried
- ☐ 6 tablespoons grade b maple syrup pure
- ☐ 2 cups baby pumpkin seeds (pepitas)
- ☐ 0.8 cup sunflower seeds raw
- ☐ 1 cup slivered almonds

Equipment

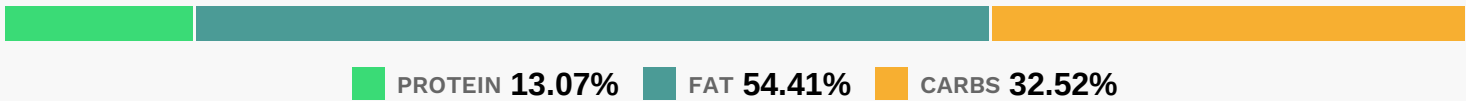
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 300 degrees F. Line 2 baking sheets with parchment paper or silicone baking mats.
- ☐ In a large bowl, toss the pumpkin seeds, almonds, and sunflower seeds and the syrup until evenly coated.
- ☐ Spread the nuts and seeds out, in an even single layer, on the lined baking sheets and season with salt to taste.
- ☐ Bake the nuts, stirring several times with spatula or wooden spoon, until just golden, about 20 minutes.
- ☐ Cool the nuts completely on the pan, then add the cherries and toss to combine. Store cooled trail mix in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:5.56, Inflammation Score:-8, Nutrition Score:23.845217404158%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 439.54kcal (21.98%), Fat: 28.07g (43.18%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 30.86g (11.22%), Sugar: 23.96g (26.63%), Cholesterol: 0mg (0%), Sodium: 202mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Manganese: 2.17mg (108.38%), Vitamin E: 10.96mg (73.09%), Magnesium: 233.54mg (58.38%), Phosphorus: 460.17mg (46.02%), Copper: 0.77mg (38.68%), Vitamin B2: 0.55mg (32.43%), Fiber: 6.87g (27.49%), Vitamin B1: 0.36mg (23.75%), Zinc: 3.21mg (21.37%), Iron: 3.78mg (21%), Selenium: 11.62µg (16.6%), Vitamin B3: 3.13mg (15.64%), Vitamin A: 729.14IU (14.58%), Folate: 58.32µg (14.58%), Vitamin B6: 0.28mg (14.02%), Potassium: 457.6mg (13.07%), Calcium: 111.4mg (11.14%), Vitamin B5: 0.43mg (4.34%), Vitamin K: 1.56µg (1.48%)