



Pumpkin Seed Trail Mix

 Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup m&m candies miniature
- 4 cups raisin cereal fiber one® raisin bran clusters®
- 1 cup apricot dried chopped
- 2 cups pretzel twists
- 1 cup roasted pumpkin seeds salted hulled (pepitas)

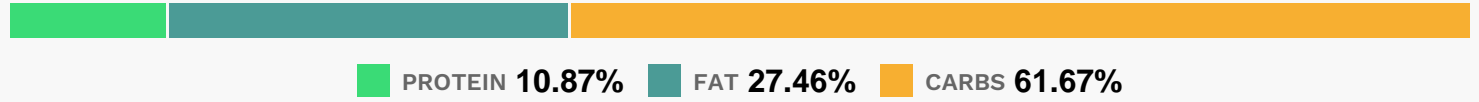
Equipment

- bowl
- ziploc bags

Directions

- Mix ingredients in large bowl or gallon-size resealable food-storage plastic bag.
- Store mix tightly covered.

Nutrition Facts



Properties

Glycemic Index:7.28, Glycemic Load:4.9, Inflammation Score:-6, Nutrition Score:9.2608695963155%

Nutrients (% of daily need)

Calories: 146.42kcal (7.32%), Fat: 4.81g (7.4%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 20.94g (7.62%), Sugar: 11.44g (12.71%), Cholesterol: 0.49mg (0.16%), Sodium: 144.12mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.57%), Manganese: 0.87mg (43.66%), Iron: 3.79mg (21.08%), Magnesium: 69.48mg (17.37%), Folate: 64.63µg (16.16%), Phosphorus: 149.15mg (14.92%), Fiber: 3.36g (13.45%), Vitamin B3: 2.07mg (10.35%), Vitamin A: 488.17IU (9.76%), Copper: 0.19mg (9.46%), Vitamin B2: 0.14mg (8.12%), Zinc: 1.21mg (8.07%), Vitamin B1: 0.12mg (7.83%), Vitamin B6: 0.14mg (7.05%), Potassium: 241.65mg (6.9%), Vitamin B12: 0.37µg (6.15%), Vitamin E: 0.5mg (3.32%), Selenium: 1.98µg (2.82%), Calcium: 20mg (2%), Vitamin D: 0.25µg (1.67%), Vitamin B5: 0.13mg (1.32%)