



HEALTH SCORE

100%

Terrific Trail Mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup dry-roasted peanuts unsalted chopped (or honey-roasted peanuts, walnuts or almonds)
- ☐ 1 cup combination fruit dried diced such as prunes, apricots, pears and apples
- ☐ 0.5 cup raisins and/or cherries dried
- ☐ 1.5 cups sunflower seeds unsalted

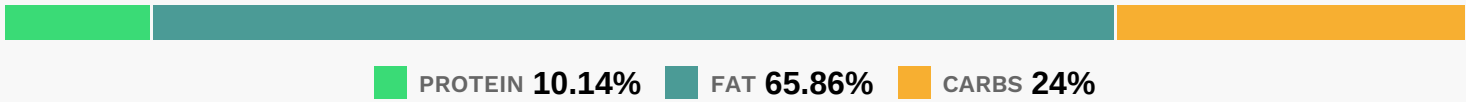
Equipment

Directions

☐

Mix all. Makes 4 cups.

Nutrition Facts



Properties

Glycemic Index:24.7, Glycemic Load:9.19, Inflammation Score:-8, Nutrition Score:31.215217445208%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg

Nutrients (% of daily need)

Calories: 572.18kcal (28.61%), Fat: 45.09g (69.36%), Saturated Fat: 4.07g (25.44%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 28.5g (10.36%), Sugar: 8.75g (9.72%), Cholesterol: 0mg (0%), Sodium: 13.15mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.23%), Vitamin E: 17.88mg (119.18%), Manganese: 2.04mg (102.14%), Copper: 1.47mg (73.44%), Vitamin B1: 0.87mg (58.06%), Magnesium: 217.93mg (54.48%), Phosphorus: 453.56mg (45.36%), Vitamin B6: 0.88mg (43.82%), Selenium: 28.17µg (40.25%), Folate: 144.46µg (36.12%), Fiber: 8.46g (33.85%), Vitamin B3: 4.95mg (24.75%), Zinc: 3.5mg (23.35%), Iron: 4.14mg (23.01%), Potassium: 655.37mg (18.72%), Vitamin B2: 0.27mg (15.85%), Vitamin B5: 0.77mg (7.67%), Calcium: 75.9mg (7.59%), Vitamin A: 209.91IU (4.2%), Vitamin C: 3.37mg (4.08%), Vitamin K: 3.52µg (3.35%)