



HEALTH SCORE

71%

Trail Mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



2362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

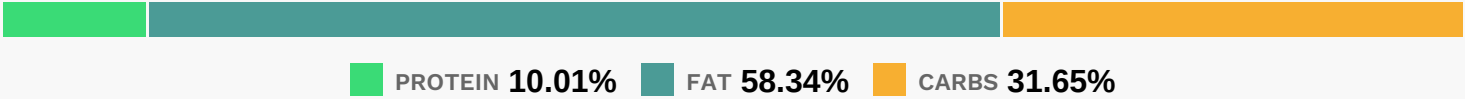
- ☐ 0.5 cup date pieces chopped
- ☐ 3 slices pineapple dried
- ☐ 2 cups nuts mixed unsalted toasted
- ☐ 0.7 cup papaya chunks dried
- ☐ 0.5 cup pepitas salted toasted (pumpkin seeds)
- ☐ 0.5 cup raisins dark

Equipment

Directions

☐ Cut up pineapple and papaya; toss with other ingredients.

Nutrition Facts



Properties

Glycemic Index:209.22, Glycemic Load:75.27, Inflammation Score:-10, Nutrition Score:55.07521755799%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 2361.59kcal (118.08%), Fat: 164.79g (253.53%), Saturated Fat: 22.87g (142.93%), Carbohydrates: 201.1g (67.03%), Net Carbohydrates: 160.79g (58.47%), Sugar: 56.63g (62.92%), Cholesterol: 0mg (0%), Sodium: 66.04mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.64g (127.27%), Manganese: 7.46mg (372.79%), Magnesium: 910.4mg (227.6%), Copper: 4.53mg (226.28%), Phosphorus: 1756.64mg (175.66%), Fiber: 40.31g (161.23%), Zinc: 13.86mg (92.41%), Potassium: 3228.39mg (92.24%), Iron: 16.39mg (91.06%), Vitamin B3: 17.21mg (86.03%), Vitamin C: 63.24mg (76.65%), Vitamin B6: 1.19mg (59.56%), Vitamin B1: 0.8mg (53.62%), Folate: 213.23µg (53.31%), Vitamin B2: 0.83mg (48.86%), Vitamin B5: 4.35mg (43.54%), Calcium: 285.38mg (28.54%), Vitamin A: 942.34IU (18.85%), Selenium: 6.21µg (8.87%), Vitamin E: 1.01mg (6.76%), Vitamin K: 6.75µg (6.43%)