



Trail Mix Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



402 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 carrots grated peeled
- ☐ 8 ounce cream cheese room temperature
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.5 cup raisins
- ☐ 8 slices bread whole wheat
- ☐ 0.3 cup trail mix coarsely chopped
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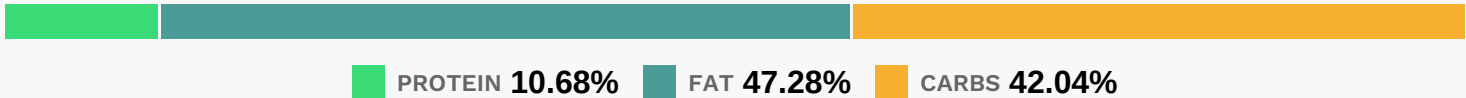
Equipment

☐ bowl

Directions

- ☐ Place cream cheese in a bowl.
- ☐ Add lemon juice and zest, raisins, shredded carrot, and chopped trail mix; stir until well blended and creamy.
- ☐ Spread between 2 slices of bread, and wrap up for the trail.

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:23.45, Inflammation Score:-9, Nutrition Score:15.814347951309%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 401.65kcal (20.08%), Fat: 21.64g (33.29%), Saturated Fat: 11.9g (74.39%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 38.2g (13.89%), Sugar: 5.44g (6.04%), Cholesterol: 57.27mg (19.09%), Sodium: 445.7mg (19.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.99%), Vitamin A: 3311.29IU (66.23%), Manganese: 1.27mg (63.62%), Selenium: 19.46µg (27.79%), Fiber: 5.08g (20.33%), Phosphorus: 198.68mg (19.87%), Vitamin B1: 0.26mg (17.57%), Calcium: 157.28mg (15.73%), Vitamin B2: 0.27mg (15.66%), Vitamin B3: 2.89mg (14.45%), Magnesium: 55.79mg (13.95%), Potassium: 417.84mg (11.94%), Iron: 2.02mg (11.21%), Vitamin B6: 0.21mg (10.52%), Copper: 0.2mg (9.97%), Zinc: 1.34mg (8.94%), Folate: 32.88µg (8.22%), Vitamin B5: 0.76mg (7.64%), Vitamin K: 7.57µg (7.21%), Vitamin E: 0.9mg (5.98%), Vitamin C: 3.97mg (4.82%), Vitamin B12: 0.12µg (2.08%)