



Trash Mix

READY IN



45 min.

SERVINGS



16

CALORIES



895 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce banana chips
- ☐ 15 ounce m&m candies
- ☐ 16 ounce candy corn
- ☐ 12 ounce caramel popcorn
- ☐ 15 ounce mango dried
- ☐ 15 ounce pineapple dried
- ☐ 6 ounce m&m candies worm-shaped
- ☐ 15 ounce pretzel nuggets
- ☐ 6 ounce cranberries dried sweetened

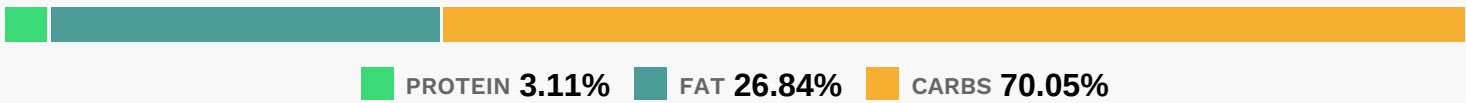
☐ 10 ounce toffee candies

Equipment

Directions

- ☐ Stir together all ingredients. Store in an airtight container.
- ☐ NOTE: For testing purposes only, we used pretzel Nuggets, Crunch 'n Munch, M&M's, and Craisins.

Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:5.85, Inflammation Score:-9, Nutrition Score:8.8473912995795%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 894.83kcal (44.74%), Fat: 27.17g (41.79%), Saturated Fat: 17.96g (112.27%), Carbohydrates: 159.56g (53.19%), Net Carbohydrates: 152.43g (55.43%), Sugar: 122.65g (136.27%), Cholesterol: 26.88mg (8.96%), Sodium: 427.86mg (18.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Vitamin A: 3126.86IU (62.54%), Fiber: 7.13g (28.51%), Manganese: 0.49mg (24.5%), Iron: 2.91mg (16.15%), Vitamin C: 9.95mg (12.07%), Calcium: 97.93mg (9.79%), Magnesium: 28.77mg (7.19%), Potassium: 179.88mg (5.14%), Vitamin E: 0.71mg (4.72%), Copper: 0.09mg (4.35%), Vitamin K: 4.31µg (4.1%), Vitamin B6: 0.08mg (4.03%), Phosphorus: 39.05mg (3.91%), Vitamin B3: 0.72mg (3.6%), Vitamin B1: 0.04mg (2.61%), Zinc: 0.35mg (2.36%), Vitamin B5: 0.23mg (2.29%), Vitamin B2: 0.03mg (2.03%), Selenium: 1.37µg (1.96%), Folate: 5.14µg (1.28%)