



Tree-Trimming Trail Mix



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 2 bay leaves
- ☐ 1 cup cranberries dried
- ☐ 0.5 cup figs dried chopped (or dates)
- ☐ 0.3 cup honey
- ☐ 3 ounces butter-flavored microwave popcorn plain unsalted
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt

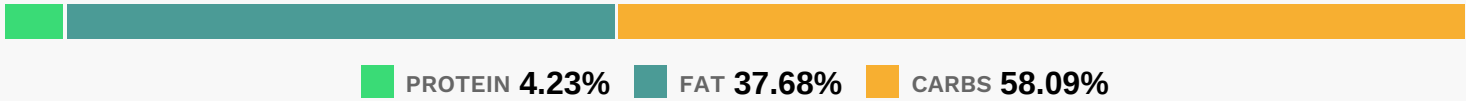
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Heat oven to 400°F. Pop popcorn as directed on package; set aside.
- ☐ Combine honey, oil, bay leaves and salt in a small saucepan over low heat, stirring frequently until fragrant, about 5 minutes.
- ☐ Remove from heat.
- ☐ Remove bay leaves. Toss warm popcorn with dried fruit and almonds in a bowl.
- ☐ Drizzle trail mix with honey glaze, toss again, and spread evenly on a baking sheet.
- ☐ Bake until golden, about 3 minutes. Turn off oven, remove sheet and toss trail mix with a spatula; spread evenly on sheet and return to oven for 2 minutes more.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:9.33, Inflammation Score:-2, Nutrition Score:4.6169565099737%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin:

0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 223.57kcal (11.18%), Fat: 9.93g (15.27%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 30.9g (11.24%), Sugar: 24.44g (27.16%), Cholesterol: 0mg (0%), Sodium: 228.7mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin E: 2.63mg (17.55%), Manganese: 0.31mg (15.5%), Fiber: 3.54g (14.14%), Magnesium: 33.87mg (8.47%), Phosphorus: 62.99mg (6.3%), Copper: 0.12mg (6.04%), Vitamin B2: 0.09mg (5.17%), Vitamin K: 5.16µg (4.91%), Potassium: 164.42mg (4.7%), Iron: 0.75mg (4.17%), Calcium: 35.33mg (3.53%), Zinc: 0.52mg (3.47%), Vitamin B6: 0.06mg (2.89%), Vitamin B3: 0.52mg (2.62%), Selenium: 1.22µg (1.75%), Vitamin B1: 0.03mg (1.74%), Folate: 5.22µg (1.3%), Vitamin B5: 0.13mg (1.27%)