

Tropical Trail Mix



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups natural almonds raw
- ☐ 1 tablespoon canola oil
- ☐ 1 cup cashew pieces raw unsalted
- ☐ 1 cup pineapple dried
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup honey
- ☐ 1 cup papaya dried chopped

- ☐ 1 cup pistachios raw unsalted shelled
- ☐ 1 cup coconut flakes unsweetened

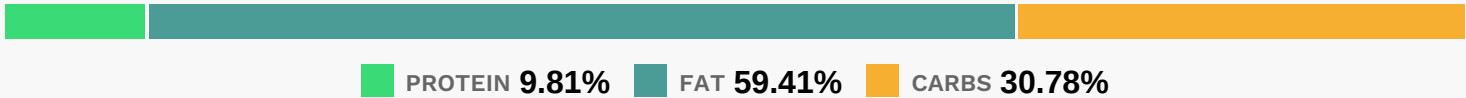
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Line a rimmed baking sheet with parchment paper.
- ☐ In a small saucepan, heat first 4 ingredients (through ginger) over low heat, stirring until smooth. In a large bowl, combine almonds, cashews, and pistachios; add honey mixture and toss to coat.
- ☐ Spread on prepared baking sheet; bake 15–20 minutes, stirring once, until golden brown. Cool on baking sheet.
- ☐ Break cooled nut mixture into pieces; toss in large bowl with coconut, pineapple, and papaya until combined. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:5.37, Glycemic Load:1.84, Inflammation Score:-3, Nutrition Score:5.9343478161356%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

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Nutrients (% of daily need)

Calories: 153.75kcal (7.69%), Fat: 10.83g (16.66%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 10.19g (3.7%), Sugar: 7.94g (8.83%), Cholesterol: 0mg (0%), Sodium: 2.42mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Manganese: 0.43mg (21.42%), Vitamin E: 2.68mg (17.84%), Copper: 0.27mg (13.57%), Magnesium: 46.43mg (11.61%), Fiber: 2.44g (9.76%), Phosphorus: 97.07mg (9.71%), Vitamin B2: 0.13mg (7.41%), Iron: 1.02mg (5.67%), Potassium: 165.58mg (4.73%), Zinc: 0.71mg (4.73%), Vitamin C: 3.82mg (4.63%), Vitamin B1: 0.07mg (4.6%), Vitamin B6: 0.09mg (4.4%), Calcium: 36.24mg (3.62%), Selenium: 2.24µg (3.2%), Vitamin B3: 0.49mg (2.43%), Vitamin K: 2.47µg (2.35%), Folate: 9.41µg (2.35%), Vitamin B5: 0.14mg (1.36%), Vitamin A: 55.23IU (1.1%)