






 **53%**  
HEALTH SCORE

# Warm Trail Mix

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN  
  
**6 min.**

SERVINGS  
  
**2**

CALORIES  
  
**321 kcal**

SIDE DISH

## Ingredients

- 2 tablespoons grape juice
- 1 tablespoon maple syrup
- 0.3 cup raisins
- 0.3 cup sunflower seeds raw
- 0.3 cup rolled oats
- 0.3 cup walnuts chopped

## Equipment

- bowl

oven

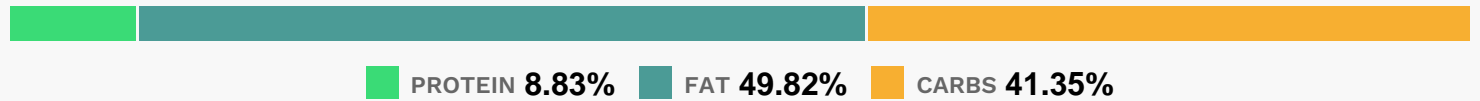
microwave

## Directions

Mix oats, raisins, walnuts, sunflower seeds, grape juice, and maple syrup in a microwave-safe bowl.

Cook in microwave oven on High until hot, about 30 seconds.

## Nutrition Facts



## Properties

Glycemic Index:87.65, Glycemic Load:13.02, Inflammation Score:-5, Nutrition Score:15.638695556185%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 1.65mg, Malvidin: 1.65mg, Malvidin: 1.65mg, Malvidin: 1.65mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 321.4kcal (16.07%), Fat: 18.93g (29.13%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 30.65g (11.15%), Sugar: 9.01g (10.01%), Cholesterol: 0mg (0%), Sodium: 9.12mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.11%), Manganese: 1.51mg (75.38%), Vitamin E: 6.04mg (40.24%), Copper: 0.63mg (31.55%), Magnesium: 100.55mg (25.14%), Vitamin B1: 0.37mg (24.92%), Phosphorus: 218.37mg (21.84%), Fiber: 4.71g (18.82%), Selenium: 12.63µg (18.05%), Vitamin B6: 0.35mg (17.64%), Vitamin B2: 0.26mg (15.25%), Folate: 56.14µg (14.04%), Iron: 2.25mg (12.52%), Zinc: 1.77mg (11.81%), Potassium: 396.63mg (11.33%), Vitamin B3: 1.9mg (9.52%), Calcium: 50.27mg (5.03%), Vitamin B5: 0.4mg (4.01%), Vitamin C: 1.42mg (1.72%)