



Healthdor

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Trail Mix ^{••}

Trail mix is a snack mix typically consisting of nuts, dried fruits, and sometimes chocolate or other sweet ingredients. It is often eaten by hikers and outdoor enthusiasts as a convenient and energy-packed snack.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

50 g	almonds
50 g	Cashews
50 g	Peanuts
30 g	dried cranberries
30 g	Raisins

20 g dark chocolate chips

Directions

Step 1

Mix all the ingredients together in a bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Store in an airtight container for future snacking.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 12 g

Protein: 6 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	12 g	42.86%	48%
Saturated Fat	2 g	9.09%	11.76%
Monounsaturated Fat	7 g	N/A	N/A
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	170 mg	5%	6.54%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Barbecue

Meal Type

Breakfast

Snack

Supper

Course

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Demographics

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diet

Flexitarian Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Cooking Method

Boiling

Smoking

Difficulty Level

Easy

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