



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

High-Energy Trail Mix ♦

A nutritious and energizing snack mix that is perfect for outdoor activities and long hikes. This trail mix is packed with a variety of nuts, seeds, dried fruits, and chocolate chips to provide a boost of energy and satisfy your cravings. It's a great option for anyone looking for a quick and easy snack on the go.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

100 g	almonds
100 g	Cashews
100 g	Pumpkin Seeds
100 g	dried cranberries
100 g	dark chocolate chips

Directions

Step 1

In a large bowl, combine almonds, cashews, pumpkin seeds, dried cranberries, and dark chocolate chips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mix well to ensure all ingredients are evenly distributed.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Transfer the trail mix to an airtight container or individual snack bags.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 550 kcal

Fat: 40 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	8 g	21.05%	32%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Monounsaturated Fat	15 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	40 g	142.86%	160%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	20 mg	133.33%	133.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Meal Type

Snack Supper

Course

Snacks

Nutritional Content

Low Fat High Fiber Low Calorie High Protein Low Carb Low Sodium
Sugar-Free High Vitamin C High Iron

Cuisines

Italian Indian American

Diet

Anti-Inflammatory Diet

Cultural

Chinese New Year

Events

Picnic

Kitchen Tools

Slow Cooker Blender

Difficulty Level

Easy

Visit our website: healthdor.com