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## Mixed Nuts Travel Snack

A delicious and nutritious snack that is perfect for traveling. Mixed nuts provide a combination of flavors and textures, making it a satisfying snack option. This recipe can be enjoyed by everyone, regardless of dietary preferences.

**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	Pistachios
100 g	walnuts
100 g	Peanuts

1 tsp salt

## Directions

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### Step 1

Mixing

In a large bowl, combine all the nuts.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

Add salt to taste and mix well.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 3

Transfer the mixed nuts to an airtight container for storage.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 607 kcal

**Fat:** 50 g

**Protein:** 20 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	10 g	26.32%	40%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	20 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	50 g	178.57%	200%
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	25 mg	166.67%	166.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	700 mg	20.59%	26.92%
Zinc	15 mg	136.36%	187.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Events

Game Day

### Course

Snacks

### Demographics

Senior Friendly

### Diet

Lacto-Vegetarian Diet

The High-Iron Diet

### Meal Type

Snack

Supper

### Difficulty Level

Easy

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