TIGER TRAIL MIX

INGREDIENTS

• 1/4 cup dried blueberries
• 1/4 cup dried mango
• 1/2 cup sliced almonds
• 1/4 cup dark chocolate chunks
• 1/4 cup pistachios
• 1/4 cup walnuts

DIRECTIONS

In a large bowl mix all ingredients together. Serving size is 1/2 cup. Enjoy!

Nutrition Facts

Serving Size 1 x 1/2 Cup Serving

Amount Per Serving

Calories 334.4

Total Fat 22.2 g 29 %
Saturated Fat 5.5 g 27 %
Trans Fat 0 g 0 %
Cholesterol 0 mg 0 %
Sodium 41.7 mg 2 %
Total Carbohydrate 29.5 g 11 %
Dietary Fiber 5.7 g 20 %
Total Sugars 19.4 g
Added Sugars 4 g 8 %
Protein 7.3 g

Vitamin D 0 mcg 0 %
Calcium 85.7 mg 7 %
Iron 1.9 mg 10 %
Potassium 354.2 mg 8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com