



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!



Tiger Trail Mix		
Nutrition Facts		
Serving Size	1 × 1/2 Cup Serving	
Amount Per Serving		
Calories	334.4	
	% Daily Value*	
Total Fat	22.2 g	29 %
Saturated Fat	5.5 g	27 %
Trans Fat	0 g	
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