

Pub-Style Popcorn Mix



Servings: 6

1/2 cup walnuts

1/2 cup almonds

2/3 cup dried cranberries

1/2 cup popcorn

1/4 cup pumpkin seeds, roasted

Combine all the ingredients together in a bowl.

Serve

Per Serving (excluding unknown items): 281 Calories; 21g Fat (61.6% calories from fat); 7g Protein; 22g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 129mg Sodium; 14g Total Sugars; 0mcg Vitamin D; 50mg Calcium; 1mg Iron; 227mg Potassium; 183mg Phosphorus. Exchanges: .