

Mile High and Hungry — Food Blog

INSTAGRAM @milehighandhungry United States, Denver

the girl in the friend group that knows where to eat ?? Denver and more inquiries: milehighandhungry@gmail.com

238,170	0	1,239	1.42%	0/100
FOLLOWERS	FOLLOWING	POSTS	ENGAGEMENT RATE	SOCIALHIPPER SCORE

Category

Food

Growth History (Last 30 Days)

Date	Followers	Engagement Rate	Avg Likes	Avg Comments
May 19, 2026	238,170	1.42%	3,322	53

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Video	May 18, 2026	1,957	22	0
Video	May 15, 2026	1,328	141	0
Video	May 14, 2026	795	17	0
Video	May 13, 2026	9,703	81	0
Video	May 13, 2026	608	13	0
Video	May 12, 2026	819	16	0

Type	Posted	Likes	Comments	Shares
Video	May 11, 2026	2,036	38	0
Video	May 07, 2026	3,725	79	0
Video	May 07, 2026	15	0	0
Video	May 06, 2026	1,984	172	0
Video	May 06, 2026	2,287	28	0
Video	May 04, 2026	12,227	136	0

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Data is based on publicly available information and may not reflect real-time metrics.