

## Basic Granola

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



3

CALORIES



798 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 cup fruit dried
- 0.5 teaspoon ground cinnamon
- 0.3 cup honey
- 0.3 teaspoon kosher salt
- 3 tablespoons brown sugar light packed
- 0.5 cup nuts raw toasted coarsely chopped
- 3 cups rolled oats instant (not )
- 1 teaspoon vanilla extract

0.3 cup vegetable oil

## Equipment

bowl

baking sheet

oven

wire rack

## Directions

Heat the oven to 300°F and arrange a rack in the middle.

Place the oats, brown sugar, cinnamon, and salt in a large bowl and stir to combine; set aside.

Place the honey, oil, and vanilla in a small bowl and stir to combine.

Pour over the oat mixture and mix until the oats are thoroughly coated.

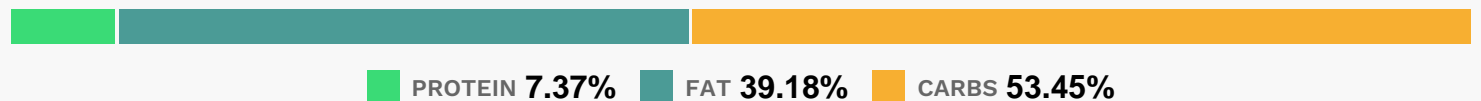
Spread the mixture in a thin, even layer on a rimmed baking sheet.

Bake for 15 minutes, then stir and continue baking until the granola is very light golden brown, about 5 to 15 minutes more.

Place the baking sheet on a wire rack and cool the granola to room temperature, stirring occasionally, about 20 minutes. (Note: It will harden as it cools.)

Add the fruit and nuts or seeds to the baking sheet and toss to combine. Store the granola in an airtight container for up to 2 weeks.

## Nutrition Facts



## Properties

Glycemic Index:42.31, Glycemic Load:36.03, Inflammation Score:-7, Nutrition Score:22.120434724766%

## Nutrients (% of daily need)

Calories: 797.74kcal (39.89%), Fat: 35.85g (55.15%), Saturated Fat: 5.33g (33.32%), Carbohydrates: 110.01g (36.67%), Net Carbohydrates: 98.78g (35.92%), Sugar: 47.99g (53.32%), Cholesterol: 0mg (0%), Sodium: 208.53mg (9.07%), Alcohol: 0.46g (100%), Alcohol %: 0.27% (100%), Protein: 15.18g (30.36%), Manganese: 3.52mg

(175.92%), Fiber: 11.23g (44.93%), Phosphorus: 443.85mg (44.39%), Magnesium: 170.07mg (42.52%), Vitamin K: 36.95µg (35.19%), Selenium: 23.89µg (34.13%), Copper: 0.68mg (33.75%), Vitamin B1: 0.43mg (28.4%), Zinc: 3.99mg (26.62%), Iron: 4.73mg (26.3%), Potassium: 510.95mg (14.6%), Vitamin B5: 1.26mg (12.57%), Vitamin E: 1.83mg (12.23%), Vitamin B2: 0.2mg (11.7%), Vitamin B3: 2.26mg (11.3%), Folate: 39.63µg (9.91%), Vitamin B6: 0.17mg (8.66%), Calcium: 76.76mg (7.68%), Vitamin A: 123.87IU (2.48%), Vitamin C: 1.17mg (1.41%)