



Big Daddy's Get Up Granola

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



654 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup almonds
- 1 pint blueberries
- 2 tablespoons brown sugar
- 0.5 cup coarsely graham crackers crushed
- 2 tablespoons blackstrap molasses
- 3 tablespoons vegetable oil; peanut oil preferred
- 0.5 cup peanuts
- 0.5 cup raisins

- 1.5 cups rolled oats
- 0.5 cup coconut or sweetened
- 1 quart vanilla yogurt
- 0.5 cup walnuts chopped

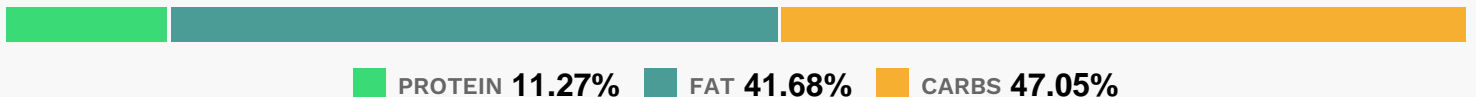
Equipment

- bowl
- baking paper
- oven

Directions

- Preheat the oven to 275 degrees F. Lightly grease a half sheet tray lined with parchment paper.
- In a large bowl, combine the oats, peanuts, almonds, walnuts, coconut and brown sugar.
- Mix well.
- Add the molasses and peanut oil. Toss well until all ingredients are evenly dispersed and coated.
- Spread the granola out evenly on the sheet tray.
- Bake in the oven for 60 minutes, stirring occasionally to achieve even color.
- Remove from the oven and transfer to a large bowl. Fold in raisins and graham crackers. Stir the blueberries into the yogurt in a small bowl. Spoon the yogurt into serving glasses or bowls and top with graham cracker granola.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:20.17, Inflammation Score:-7, Nutrition Score:25.604347768037%

Flavonoids

Cyanidin: 7.23mg, Cyanidin: 7.23mg, Cyanidin: 7.23mg, Cyanidin: 7.23mg Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 654.24kcal (32.71%), Fat: 31.7g (48.76%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 80.53g (26.84%), Net Carbohydrates: 71.51g (26%), Sugar: 43.79g (48.65%), Cholesterol: 7.89mg (2.63%), Sodium: 185.68mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.56%), Manganese: 2.14mg (106.91%), Phosphorus: 477.28mg (47.73%), Magnesium: 156.55mg (39.14%), Calcium: 366.56mg (36.66%), Fiber: 9.02g (36.07%), Vitamin B2: 0.59mg (34.64%), Vitamin E: 4.78mg (31.89%), Copper: 0.63mg (31.3%), Potassium: 941.57mg (26.9%), Selenium: 17.96µg (25.65%), Vitamin B1: 0.36mg (24.19%), Zinc: 3.34mg (22.29%), Iron: 3.47mg (19.27%), Folate: 76.63µg (19.16%), Vitamin B3: 3.74mg (18.69%), Vitamin B6: 0.32mg (16.1%), Vitamin B5: 1.6mg (15.96%), Vitamin K: 16.1µg (15.33%), Vitamin B12: 0.84µg (13.93%), Vitamin C: 9.69mg (11.75%), Vitamin A: 112.48IU (2.25%)