



Butter-Pecan Granola

 Vegetarian

READY IN



70 min.

SERVINGS



15

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup butter melted
- 8 oz dates chopped
- 0.3 cup honey
- 2 tablespoons brown sugar light
- 3 cups rolled oats uncooked
- 1.5 cups pecans coarsely chopped
- 0.1 teaspoon salt
- 2 tablespoons sesame seed

- 1 teaspoon vanilla extract
- 0.5 cup wheat germ toasted

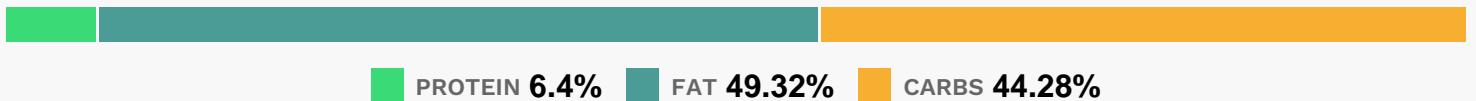
Equipment

- bowl
- frying pan
- oven
- wax paper

Directions

- Preheat oven to 32
- Stir together melted butter, honey, brown sugar, vanilla, and salt in a large bowl.
- Add oats, pecans, wheat germ, and sesame seeds, and stir until mixture is evenly coated.
- Spread oat mixture on a lightly greased 15- x 10-inch jelly-roll pan.
- Bake 25 to 30 minutes or until toasted, stirring every 10 minutes.
- Spread granola onto wax paper, and cool completely (about 30 minutes). Stir in chopped dates. Store in an airtight container at room temperature up to 3 days, or freeze up to 6 months.

Nutrition Facts



Properties

Glycemic Index:15.95, Glycemic Load:11.52, Inflammation Score:-4, Nutrition Score:10.357391402125%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 277.61kcal (13.88%), Fat: 16g (24.62%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 27.8g (10.11%), Sugar: 16.41g (18.23%), Cholesterol: 16.27mg (5.42%), Sodium: 70.58mg (3.07%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Protein: 4.67g (9.34%), Manganese: 1.66mg (83.05%), Fiber: 4.54g (18.15%), Vitamin B1: 0.24mg (15.69%), Copper: 0.3mg (15.12%), Phosphorus: 147.16mg (14.72%), Magnesium: 55.42mg (13.85%), Selenium: 9.1µg (13%), Zinc: 1.7mg (11.34%), Iron: 1.55mg (8.62%), Potassium: 249.04mg (7.12%), Vitamin B6: 0.12mg (6.23%), Folate: 22.62µg (5.66%), Vitamin B5: 0.47mg (4.66%), Vitamin B2: 0.08mg (4.47%), Vitamin B3: 0.82mg (4.12%), Vitamin A: 196.8IU (3.94%), Calcium: 37.38mg (3.74%), Vitamin E: 0.41mg (2.71%), Vitamin K: 1.64µg (1.57%)