



Chocolate-Pecan Pie Granola

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup corn syrup dark
- ☐ 3 cups oats uncooked
- ☐ 1.5 cups pecans coarsely chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup wheat germ toasted

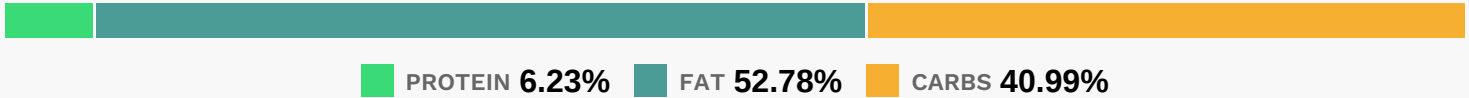
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 32
- ☐ Stir together first 5 ingredients in a large bowl.
- ☐ Add oats, pecans, and wheat germ, stirring to coat.
- ☐ Spread mixture in a lightly greased 15- x 10-inch jelly-roll pan.
- ☐ Bake 25 to 30 minutes or until toasted, stirring every 10 minutes. Cool completely in pan on a wire rack (about 30 minutes). Stir in chocolate. Store in an airtight container at room temperature up to 3 days, or freeze up to 6 months.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:17.58, Inflammation Score:-5, Nutrition Score:12.698695681665%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

Nutrients (% of daily need)

Calories: 378.06kcal (18.9%), Fat: 23.12g (35.57%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 35.62g (12.95%), Sugar: 19.51g (21.68%), Cholesterol: 24.4mg (8.13%), Sodium: 132.2mg (5.75%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 6.14g (12.29%), Manganese: 2.41mg (120.25%), Vitamin B1:

0.33mg (22.03%), Phosphorus: 198.28mg (19.83%), Fiber: 4.79g (19.14%), Selenium: 12.88µg (18.4%), Copper: 0.35mg (17.45%), Magnesium: 69.23mg (17.31%), Zinc: 2.35mg (15.68%), Iron: 1.91mg (10.63%), Folate: 27.93µg (6.98%), Vitamin B6: 0.14mg (6.88%), Potassium: 224.52mg (6.41%), Vitamin A: 292.79IU (5.86%), Vitamin B5: 0.57mg (5.67%), Vitamin B2: 0.09mg (5.5%), Vitamin B3: 0.87mg (4.36%), Vitamin E: 0.59mg (3.96%), Calcium: 36.76mg (3.68%), Vitamin K: 1.85µg (1.76%)