



Chunky Date, Coconut, and Almond Granola



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



504 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar packed ()
- ☐ 1 cup dates packed pitted ()
- ☐ 1.5 teaspoons ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 2 cups old-fashioned oats
- ☐ 0.5 cup cashew pieces raw
- ☐ 0.5 cup coconut or sweetened flaked

- ☐ 0.3 cup butter unsalted ()
- ☐ 0.8 cup almonds whole halved

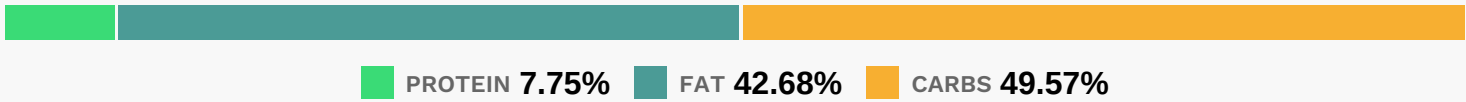
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 300°F.
- ☐ Mix first 7 ingredients in large bowl. Melt butter with honey in heavy small saucepan over low heat.
- ☐ Pour over granola mixture and toss well.
- ☐ Spread out mixture on baking sheet.
- ☐ Bake 20 minutes, stirring occasionally.
- ☐ Add dates; mix to separate any clumps. Continue to bake until granola is golden brown, stirring frequently, about 15 minutes longer. Cool. Do ahead Can be made 2 weeks ahead. Store airtight at room temperature.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:18.7, Inflammation Score:-6, Nutrition Score:17.137391139632%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg,

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 504.45kcal (25.22%), Fat: 25.19g (38.76%), Saturated Fat: 8.57g (53.54%), Carbohydrates: 65.84g (21.95%), Net Carbohydrates: 57.56g (20.93%), Sugar: 37.44g (41.6%), Cholesterol: 20.34mg (6.78%), Sodium: 28.93mg (1.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.59%), Manganese: 1.79mg (89.31%), Vitamin E: 5.03mg (33.5%), Magnesium: 133.4mg (33.35%), Fiber: 8.28g (33.12%), Copper: 0.61mg (30.54%), Phosphorus: 286.63mg (28.66%), Selenium: 12.88µg (18.4%), Iron: 3.07mg (17.04%), Vitamin B2: 0.28mg (16.2%), Zinc: 2.32mg (15.49%), Vitamin B1: 0.22mg (14.75%), Potassium: 514.92mg (14.71%), Calcium: 95.93mg (9.59%), Vitamin B6: 0.15mg (7.37%), Vitamin B3: 1.47mg (7.35%), Vitamin B5: 0.67mg (6.66%), Folate: 24.81µg (6.2%), Vitamin K: 5.63µg (5.37%), Vitamin A: 242.68IU (4.85%)