



Coconut-Walnut Crunch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons canola oil
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 cup oats
- ☐ 2 tablespoons coconut sweetened flaked
- ☐ 2 tablespoons walnut pieces chopped

Equipment

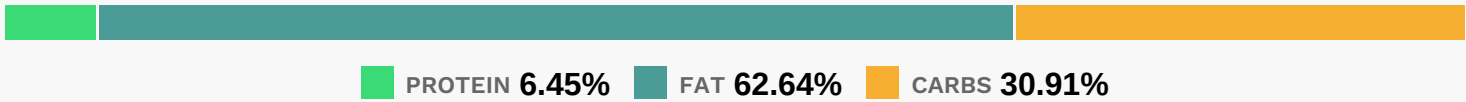
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Combine all ingredients in a small bowl, stirring until oats are moistened.
- ☐ Spread mixture on a jelly-roll pan.
- ☐ Bake at 350 for 8 minutes or until lightly browned. Cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:1.25, Inflammation Score:-1, Nutrition Score:2.9421739515079%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg

Nutrients (% of daily need)

Calories: 99.21kcal (4.96%), Fat: 7.18g (11.05%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 6.38g (2.32%), Sugar: 2.92g (3.24%), Cholesterol: 0mg (0%), Sodium: 21.49mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.33%), Manganese: 0.43mg (21.37%), Fiber: 1.59g (6.37%), Copper: 0.12mg (6.09%), Magnesium: 18.78mg (4.69%), Phosphorus: 45.6mg (4.56%), Selenium: 2.9µg (4.14%), Vitamin B1: 0.04mg (2.78%), Iron: 0.47mg (2.64%), Zinc: 0.39mg (2.62%), Vitamin E: 0.32mg (2.13%), Potassium: 67.3mg (1.92%), Vitamin B6: 0.03mg (1.71%), Folate: 6.79µg (1.7%), Vitamin K: 1.31µg (1.24%)