



Crunchy Granola

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup almonds sliced
- 0.3 cup apple juice
- 0.3 cup flaxseeds
- 1.5 teaspoons ground cinnamon
- 1 tablespoon honey
- 2 cups regular oats
- 0.5 cup raisins
- 0.5 teaspoon salt

- 0.3 cup coconut or sweetened flaked
- 0.3 cup vegetable oil
- 1 cup wheat germ

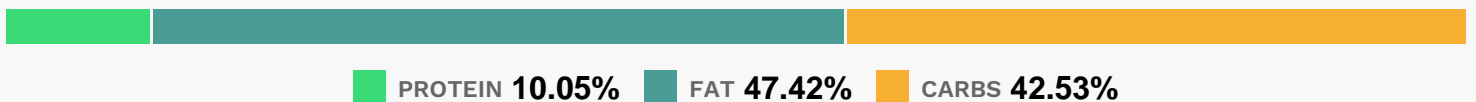
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 25
- Combine first 5 ingredients in a large bowl; stir well.
- Combine sweetener, oil, juice, and honey.
- Pour over dry mixture, stirring well to coat. Spoon mixture onto a jelly roll pan; spread evenly.
- Bake at 250 for 45 minutes.
- Stir in almonds and coconut; bake an additional 30 minutes. Cool; stir in raisins. Store in an airtight container.
- carbo rating: 32

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:8.04, Inflammation Score:-4, Nutrition Score:14.670434771187%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 260.52kcal (13.03%), Fat: 14.35g (22.08%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 23.15g (8.42%), Sugar: 3.8g (4.22%), Cholesterol: 0mg (0%), Sodium: 130.4mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Manganese: 2.43mg (121.66%), Vitamin B1: 0.38mg (25.28%), Fiber: 5.83g (23.31%), Selenium: 15.58µg (22.26%), Phosphorus: 221.39mg (22.14%), Magnesium: 82.9mg (20.73%), Zinc: 2.37mg (15.83%), Copper: 0.29mg (14.32%), Vitamin K: 13.96µg (13.3%), Vitamin E: 1.86mg (12.4%), Iron: 2.09mg (11.64%), Folate: 43.54µg (10.89%), Vitamin B6: 0.21mg (10.42%), Vitamin B2: 0.16mg (9.25%), Potassium: 307.86mg (8.8%), Vitamin B3: 1.37mg (6.86%), Vitamin B5: 0.52mg (5.17%), Calcium: 42.04mg (4.2%)