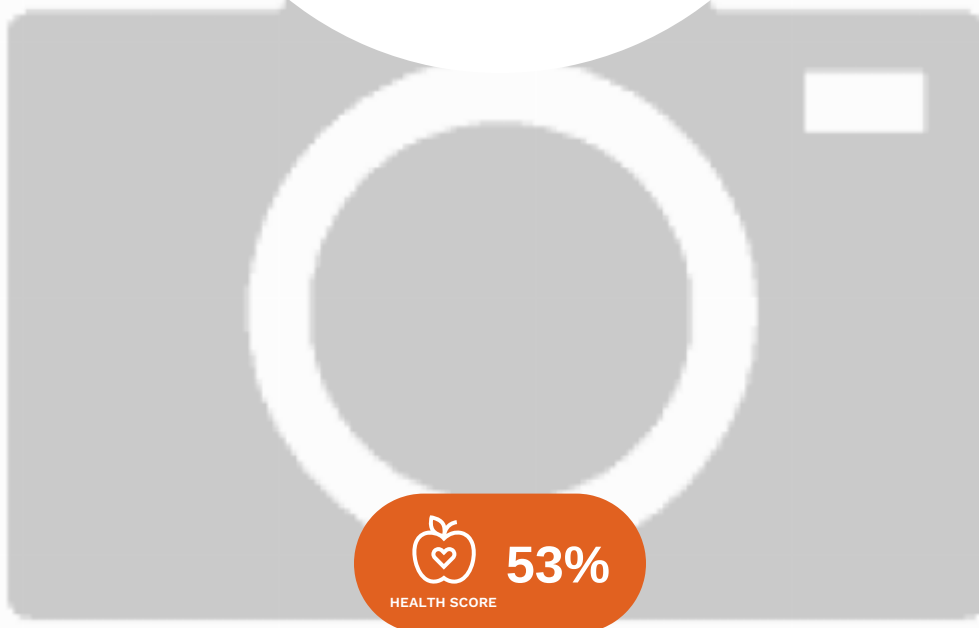




 **53%**
HEALTH SCORE

Crunchy Nutty Granola



Vegetarian



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



1142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup coconut oil
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup honey
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup maple syrup
- ☐ 1.5 cups oat bran
- ☐ 1 cup broken pecans
- ☐ 1 cup pumpkin seeds hulled

- ☐ 7.5 cups rolled oats
- ☐ 1 cup slivered almonds
- ☐ 1 cup sunflower seeds hulled
- ☐ 2 cups cranberries dried sweetened
- ☐ 1 cup coconut or shredded sweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup broken walnuts
- ☐ 1.5 cups wheat germ

Equipment

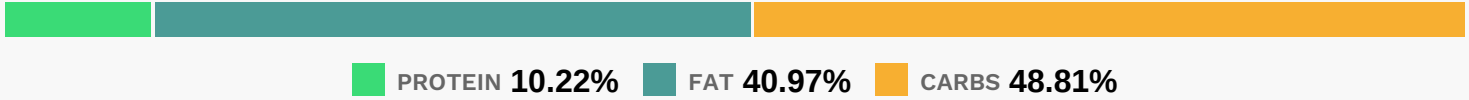
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Line 2 large rimmed baking sheets with parchment paper or aluminum foil.
- ☐ Stir rolled oats, oat bran, wheat germ, shredded coconut, pumpkin seeds, walnuts, pecans, sunflower seeds, and slivered almonds together in a large bowl until thoroughly combined.
- ☐ Mix kosher salt and cinnamon together in a saucepan, place over medium-high heat, and add vegetable oil and coconut oil.
- ☐ Heat until coconut oil is melted and oil mixture is hot. Stir maple syrup and honey into oil mixture until incorporated; remove from heat and stir in vanilla extract.
- ☐ Pour oil mixture over dry ingredients and stir thoroughly to coat.
- ☐ Spread granola onto prepared baking sheets.
- ☐ Bake in the preheated oven for 15 minutes; stir granola.

- ☐
- Bake for 15 more minutes and stir; repeat, baking 15 minutes (45 minutes total baking time).
- ☐
- Let granola cool, transfer to large bowl, and stir dried cranberries into granola.

Nutrition Facts



Properties

Glycemic Index:35.03, Glycemic Load:38.63, Inflammation Score:-9, Nutrition Score:47.041304403025%

Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 1142.28kcal (57.11%), Fat: 56.11g (86.33%), Saturated Fat: 11.35g (70.92%), Carbohydrates: 150.4g (50.13%), Net Carbohydrates: 128.21g (46.62%), Sugar: 59.54g (66.15%), Cholesterol: 0mg (0%), Sodium: 625.7mg (27.2%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 31.5g (62.99%), Manganese: 9.88mg (493.92%), Phosphorus: 1033.06mg (103.31%), Magnesium: 397.56mg (99.39%), Vitamin B1: 1.47mg (97.91%), Selenium: 62.83µg (89.76%), Fiber: 22.18g (88.74%), Copper: 1.55mg (77.67%), Vitamin E: 11.26mg (75.07%), Zinc: 9.45mg (62.98%), Iron: 9.12mg (50.65%), Vitamin B2: 0.81mg (47.89%), Folate: 163.63µg (40.91%), Vitamin B6: 0.8mg (40.07%), Potassium: 1094.62mg (31.27%), Vitamin B3: 5.4mg (26.98%), Vitamin B5: 2.34mg (23.4%), Calcium: 170.17mg (17.02%), Vitamin K: 11.17µg (10.64%), Vitamin C: 0.98mg (1.18%)