



Del's Grand Canyon Granola

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



598 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.5 cup honey
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup nonfat milk dried
- ☐ 1 cup pecans
- ☐ 0.5 cup raisins
- ☐ 2 cups rolled oats quick (regular or cooking)
- ☐ 0.5 cup slivered almonds

- ☐ 0.5 cup roasted soy nuts (see Notes)
- ☐ 0.5 cup sunflower seeds
- ☐ 0.5 cup coconut or shredded unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil plus more for baking sheet
- ☐ 0.5 cup wheat germ
- ☐ 0.3 cup sesame seed white

Equipment

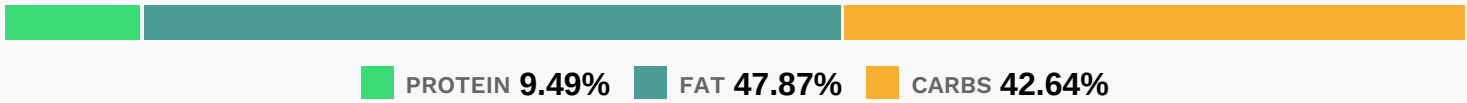
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 30
- ☐ In a large bowl, mix together oats, nonfat dried milk, wheat germ, coconut, nuts, and seeds.
- ☐ In a small saucepan, combine honey, maple syrup, vanilla, brown sugar, and oil and bring to a boil.
- ☐ Pour over dry mixture and mix together with a wooden spoon. Oil a rimmed baking sheet and pour mixture onto sheet.
- ☐ Bake 15 minutes. Stir granola and bake another 10 minutes.
- ☐ Sprinkle in raisins and bake 5 minutes more. (The granola will look wet and sticky but will dry out as it cools.)
- ☐ Let granola cool completely on baking sheet. Store in an airtight container for up to 2 weeks.
- ☐ Add Chocolate. In one fell swoop, this healthy snack becomes (a still fairly healthy) chocolate bark candy. Melt 12 oz. semisweet chocolate chips in a medium bowl set over a saucepan of simmering water; remove chocolate from heat while still a little chunky, then stir until smooth.

Spread onto a baking sheet lined with parchment and sprinkle with 2 cups of the granola. Chill until set, at least 30 minutes. Break granola–chocolate bark into pieces.

Nutrition Facts



Properties

Glycemic Index:34.07, Glycemic Load:20.72, Inflammation Score:-7, Nutrition Score:24.199565167012%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 597.54kcal (29.88%), Fat: 33.46g (51.48%), Saturated Fat: 6.78g (42.36%), Carbohydrates: 67.07g (22.36%), Net Carbohydrates: 58.9g (21.42%), Sugar: 33.64g (37.38%), Cholesterol: 0.75mg (0.25%), Sodium: 32.3mg (1.4%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 14.92g (29.85%), Manganese: 3.19mg (159.47%), Copper: 0.93mg (46.49%), Phosphorus: 405.4mg (40.54%), Magnesium: 158.7mg (39.67%), Vitamin E: 5.46mg (36.37%), Vitamin B1: 0.51mg (34.26%), Fiber: 8.17g (32.68%), Selenium: 22.12µg (31.6%), Vitamin B2: 0.47mg (27.54%), Zinc: 3.75mg (24.99%), Iron: 3.93mg (21.83%), Vitamin B6: 0.42mg (21.01%), Folate: 82.62µg (20.66%), Potassium: 623.7mg (17.82%), Calcium: 175.51mg (17.55%), Vitamin K: 15.5µg (14.76%), Vitamin B3: 2.31mg (11.56%), Vitamin B5: 0.84mg (8.37%), Vitamin D: 0.41µg (2.75%), Vitamin B12: 0.15µg (2.52%), Vitamin C: 1.51mg (1.83%), Vitamin A: 89.31IU (1.79%)