



Dried Apricot and Kamut Granola

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



866 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup agave nectar light
- 5 ounces apricot dried
- 1 teaspoon ground cinnamon
- 3 cups kamut flour
- 0.3 teaspoon kosher salt
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 0.8 cup walnuts coarsely chopped

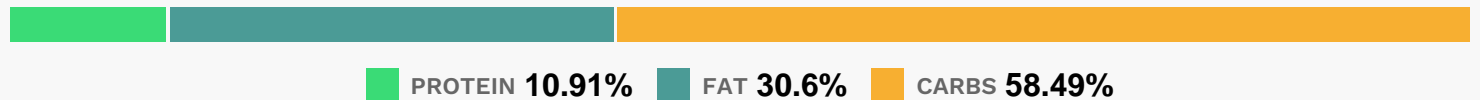
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat the oven to 300°F and arrange a rack in the middle.
- Place the kamut, walnuts, cinnamon, and salt in a large bowl and stir to combine; set aside.
- Place the agave, oil, and vanilla in a small bowl and stir to combine.
- Drizzle over the kamut mixture and mix until the kamut is thoroughly coated and there are no clumps.
- Spread the mixture in a thin, even layer on a rimmed baking sheet.
- Bake until golden brown, about 20 to 25 minutes.
- Transfer the granola to a large heatproof bowl, add the apricots, and stir to combine.
- Let cool completely. (The granola will crisp up as it cools.) Store in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:8.43, Inflammation Score:-9, Nutrition Score:36.623478288236%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg

Nutrients (% of daily need)

Calories: 866.17kcal (43.31%), Fat: 31.25g (48.07%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 134.4g (44.8%), Net Carbohydrates: 117.36g (42.68%), Sugar: 40.41g (44.9%), Cholesterol: 0mg (0%), Sodium: 158.38mg (6.89%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 25.08g (50.15%), Manganese: 4.91mg (245.63%), Selenium: 98.78µg (141.11%), Fiber: 17.04g (68.18%), Phosphorus: 640.05mg (64.01%), Vitamin B1: 0.92mg (61.44%), Copper: 1.2mg (60.12%), Magnesium: 233.49mg (58.37%), Vitamin B3: 10.13mg (50.64%), Iron: 7.79mg (43.29%),

Zinc: 5.96mg (39.74%), Potassium: 1134.2mg (32.41%), Vitamin K: 32.51µg (30.96%), Vitamin B6: 0.56mg (27.87%),
Vitamin A: 1296.96IU (25.94%), Vitamin E: 3.79mg (25.24%), Vitamin B2: 0.33mg (19.49%), Vitamin B5: 1.57mg
(15.73%), Calcium: 79.82mg (7.98%), Folate: 29.2µg (7.3%), Vitamin C: 3mg (3.63%)