



WHATSheATE



Earthbound Farm's Famous Maple Almond Granola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



736 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups almonds raw coarsely chopped
- ☐ 0.3 cup canola oil
- ☐ 2 tablespoons ground cinnamon
- ☐ 1.3 cups maple syrup dark pure
- ☐ 18 ounces old-fashioned rolled oats [use gf oats instant for gluten-free] (not)
- ☐ 1 cup earthbound farm raisins organic
- ☐ 3 ounces sunflower seeds raw

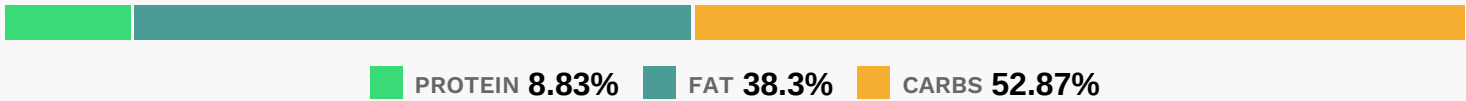
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ spatula

Directions

- ☐ Position a rack in the center of the oven and preheat to 325 degrees F.
- ☐ Place the oats, sunflower seeds, almonds, and cinnamon in a large bowl and stir to combine.
- ☐ Add the maple syrup and oil, and stir until all the dry ingredients are moistened.
- ☐ Spread the granola on a 17 x 12 x 1-inch rimmed baking sheet.
- ☐ Bake until the granola begins to brown, about 25 minutes. Stir the granola with a flat spatula and continue to cook until it's light golden brown, dry, and fragrant, about 15 to 20 minutes more. Stir the granola at least once more, and watch it carefully during the final minutes because it can burn quickly.
- ☐ Place the baking sheet on a cooling rack.
- ☐ Add the raisins and stir to combine, then allow the granola to cool completely.
- ☐ Transfer the granola to an airtight container and store at room temperature for up to 1 month, or in the freezer for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:21.29, Glycemic Load:35.22, Inflammation Score:-7, Nutrition Score:29.243043214731%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin:

0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 736.02kcal (36.8%), Fat: 32.47g (49.95%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 100.84g (33.61%), Net Carbohydrates: 87.83g (31.94%), Sugar: 32.27g (35.85%), Cholesterol: 0mg (0%), Sodium: 14.86mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.85g (33.7%), Manganese: 4.69mg (234.52%), Vitamin E: 12.55mg (83.67%), Vitamin B2: 1.12mg (65.59%), Magnesium: 212.17mg (53.04%), Fiber: 13g (52.01%), Phosphorus: 475.53mg (47.55%), Copper: 0.78mg (38.92%), Vitamin B1: 0.56mg (37.31%), Selenium: 25.34µg (36.2%), Iron: 4.95mg (27.53%), Zinc: 4.11mg (27.41%), Potassium: 767.37mg (21.92%), Calcium: 193.54mg (19.35%), Folate: 57.01µg (14.25%), Vitamin B3: 2.84mg (14.2%), Vitamin B6: 0.28mg (14.04%), Vitamin B5: 0.98mg (9.76%), Vitamin K: 8.55µg (8.15%), Vitamin C: 1.2mg (1.46%)