



Easy-Does-It Granola

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



536 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup dates chopped
- 1 cup currants dried
- 0.3 cup honey at room temperature
- 8 cups oats
- 1.3 cup roasted pumpkin seeds salted green (see tip, below)
- 0.5 teaspoon salt
- 0.8 cup strawberries dried sour chopped
- 0.5 pound butter unsalted melted

- 1 cup walnut halves
- 1 cup almonds whole with skins

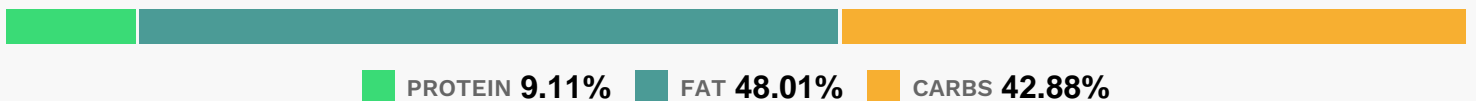
Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- microwave
- spatula

Directions

- Preheat oven to 375°F. Line 2 large shallow baking sheets with foil.
- Place walnuts and almonds on one sheet and toast until golden brown, about 10 minutes.
- Let cool, then coarsely chop and set aside.
- Reduce oven temperature to 300°F. Divide oats between baking sheets. In medium bowl, melt butter in microwave. Stir in honey and salt.
- Drizzle mixture onto oats and stir well with rubber spatula.
- Spread oats in even layer and bake, stirring once and switching positions of pans halfway through, until golden, about 30 minutes (mixture will crisp as it cools).
- Transfer to large bowl, cool, add remaining ingredients, and toss well.
- Store airtight at room temperature up to one month.
- Salted roasted green (unhulled) pumpkin seeds, also called pepitas, can be found at most specialty food stores.

Nutrition Facts



Properties

Glycemic Index:13.28, Glycemic Load:18.55, Inflammation Score:-7, Nutrition Score:18.308260801046%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 535.83kcal (26.79%), Fat: 29.81g (45.86%), Saturated Fat: 9.94g (62.12%), Carbohydrates: 59.91g (19.97%), Net Carbohydrates: 51.52g (18.73%), Sugar: 23.91g (26.57%), Cholesterol: 32.51mg (10.84%), Sodium: 111.82mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.44%), Manganese: 2.57mg (128.65%), Magnesium: 159.95mg (39.99%), Phosphorus: 385.09mg (38.51%), Fiber: 8.39g (33.57%), Copper: 0.57mg (28.53%), Selenium: 14.77µg (21.1%), Vitamin E: 3.1mg (20.65%), Iron: 3.58mg (19.9%), Zinc: 2.96mg (19.72%), Vitamin B1: 0.27mg (18.21%), Potassium: 484.75mg (13.85%), Vitamin B2: 0.23mg (13.54%), Folate: 34.71µg (8.68%), Vitamin B3: 1.65mg (8.24%), Calcium: 80.29mg (8.03%), Vitamin A: 388.27IU (7.77%), Vitamin B6: 0.15mg (7.74%), Vitamin B5: 0.71mg (7.13%), Vitamin K: 3.16µg (3.01%), Vitamin D: 0.23µg (1.51%)