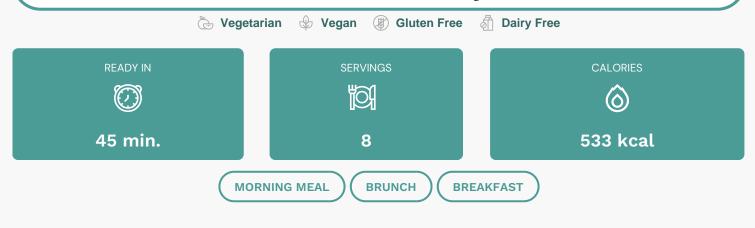


# Eleven Madison Park Style Granola



### **Ingredients**

0.5 cup cherries dried sour
O.5 cup brown sugar light packed
O.3 cup maple syrup
2.8 cups rolled oats
O.5 teaspoons sea salt for 1 tablespoon coarse kosher fine (original calls )
O.3 cup pepitas unsalted
1 cup pistachios unsalted
1 cup coconut flakes unsweetened

	0.5 teaspoon vanilla extract
	0.3 cup vegetable oil
	0.5 cup walnuts
Εq	uipment
	bowl
	baking sheet
	sauce pan
	baking paper
	oven
	aluminum foil
	microwave
	measuring cup
Di	rections
	Preheat the oven to 300 degrees F. Line 1 large (13×1
	baking sheet or 2 smaller (anything less than 13×1
	with parchment paper or nonstick foil. Toss the oats, coconut, pistachios, pepitas, other nuts and salt in a large bowl. Warm the brown sugar, maple syrup and oil in a small saucepan over low heat, stirring, until the sugar dissolves. Alternatively, you can just heat in a microwave-safe measuring cup for about 30 seconds and stir well.
	Add the vanilla. Fold the sugar mixture into the oat mixture and stir to coat.
	Spread the oat mixture on the prepared baking sheets (or sheet) and bake until dry and lightly golden. Mine was divided into two sheets and done in 28 minutes, but if you make it on one large sheet, you'll probably need to bake for the original 35 to 4
	Remove from the oven. Break it up a bit, leaving clumps, and then toss with the dried sour cherries.
	Let cool to room temperature.

## **Nutrition Facts**

### **Properties**

Glycemic Index:12.06, Glycemic Load:9.82, Inflammation Score:-6, Nutrition Score:16.801739164021%

#### **Flavonoids**

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

### Nutrients (% of daily need)

Calories: 533.33kcal (26.67%), Fat: 31.98g (49.19%), Saturated Fat: 9.51g (59.43%), Carbohydrates: 55.54g (18.51%), Net Carbohydrates: 47.89g (17.41%), Sugar: 27.83g (30.92%), Cholesterol: Omg (0%), Sodium: 159.19mg (6.92%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 10.77g (21.53%), Manganese: 2.28mg (114.16%), Fiber: 7.65g (30.61%), Phosphorus: 291.66mg (29.17%), Copper: 0.58mg (28.89%), Magnesium: 107.47mg (26.87%), Vitamin K: 19.74µg (18.8%), Vitamin B1: 0.28mg (18.58%), Selenium: 12.54µg (17.92%), Iron: 3mg (16.69%), Vitamin B2: 0.28mg (16.4%), Zinc: 2.29mg (15.25%), Vitamin B6: 0.28mg (14.09%), Potassium: 433.74mg (12.39%), Vitamin E: 1.32mg (8.79%), Calcium: 76.4mg (7.64%), Folate: 27.82µg (6.96%), Vitamin A: 310.62IU (6.21%), Vitamin B5: 0.56mg (5.64%), Vitamin B3: 0.91mg (4.57%)