



European Muesli



Vegetarian



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



594 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup almonds chopped
- ☐ 0.5 cup cashew pieces chopped
- ☐ 0.5 cup coconut or shredded
- ☐ 1.3 cups honey
- ☐ 0.3 cup oil
- ☐ 0.3 cup pumpkin seeds shelled
- ☐ 3 cups rolled oats
- ☐ 0.5 cup sesame seed

- ☐ 0.5 cup sunflower seeds
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup wheat germ

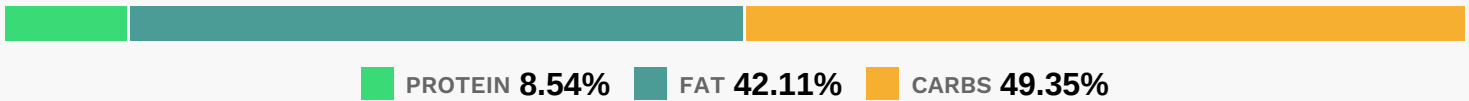
Equipment

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

Directions

- ☐ Preheat oven to 225 degrees F (110 degrees C). Lightly grease a large baking sheet.
- ☐ In a large bowl, mix together wheat germ, sesame seeds, sunflower seeds, pumpkin seeds, cashews, almonds, coconut, rolled wheat and rolled oats.
- ☐ In a medium saucepan over medium heat, mix oil, honey and vanilla. Cook and stir just until the mixture is hot. Stir into the wheat germ mixture.
- ☐ Spread the mixture on the prepared baking sheet.
- ☐ Bake 1 1/2 hours in the preheated oven, stirring approximately every 20 minutes, until golden brown.

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:31.01, Inflammation Score:-7, Nutrition Score:24.016521914498%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg 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: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg

0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 594.02kcal (29.7%), Fat: 29.3g (45.08%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 77.26g (25.75%), Net Carbohydrates: 69.36g (25.22%), Sugar: 45.34g (50.37%), Cholesterol: 0mg (0%), Sodium: 8.85mg (0.38%), Alcohol: 0.26g (100%), Alcohol %: 0.23% (100%), Protein: 13.37g (26.75%), Manganese: 3mg (150.06%), Copper: 1.05mg (52.34%), Magnesium: 181.53mg (45.38%), Vitamin E: 6.74mg (44.92%), Phosphorus: 422.7mg (42.27%), Selenium: 25.23µg (36.04%), Vitamin B1: 0.53mg (35.63%), Fiber: 7.91g (31.62%), Zinc: 4.21mg (28.06%), Iron: 4.94mg (27.43%), Vitamin B6: 0.37mg (18.74%), Folate: 67.5µg (16.87%), Vitamin B2: 0.27mg (15.73%), Calcium: 148.46mg (14.85%), Potassium: 453.43mg (12.96%), Vitamin B3: 2.55mg (12.77%), Vitamin K: 8.5µg (8.1%), Vitamin B5: 0.78mg (7.8%)