



## Everyday Granola

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



363 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 cup brown sugar
- 0.3 cup canola oil
- 0.5 cup nutlike cereal nuggets (such as Grape-Nuts)
- 2 cups oat cereal whole-wheat toasted (such as Cheerios)
- 8 ounce blueberries dried
- 6 ounce cherries dried
- 0.3 cup flaxseeds
- 0.5 cup honey

- 3 cups regular oats
- 1 cup orange juice
- 0.5 cup pecans chopped
- 1 cup quick-cooking barley uncooked
- 0.5 cup soy nuts unsalted
- 0.3 cup sunflower seed kernels unsalted
- 0.5 cup walnuts coarsely chopped
- 2 cups puffed wheat cereal sweetened (such as Kellogg's Smacks)
- 1 cup wheat germ toasted

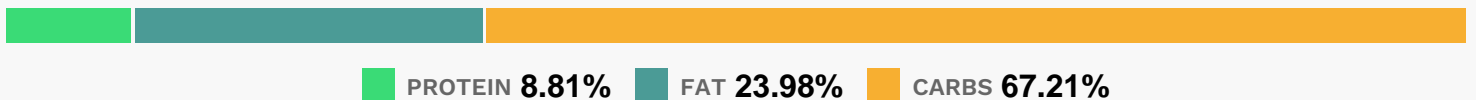
## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Preheat oven to 30
- Heat juice and next 3 ingredients (through honey) in a medium saucepan over medium heat, stirring until dissolved; set aside.
- Combine oats and next 10 ingredients (through sunflower seed kernels) in a large bowl.
- Pour juice mixture over oat mixture; toss.
- Divide mixture in half; spread evenly over 2 baking sheets coated with cooking spray.
- Bake at 300 for 45 minutes or until dry and crispy, stirring every 15 minutes. Cool completely; stir in dried fruit. Store in an airtight container for up to a week.

## Nutrition Facts



## Properties

Glycemic Index:12.44, Glycemic Load:6.38, Inflammation Score:-8, Nutrition Score:24.623478153478%

## Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 363.29kcal (18.16%), Fat: 10.24g (15.76%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 64.58g (21.53%), Net Carbohydrates: 55.76g (20.28%), Sugar: 26.9g (29.89%), Cholesterol: 0mg (0%), Sodium: 135.58mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.93%), Vitamin D: 16.86µg (112.43%), Manganese: 1.52mg (75.93%), Folate: 219.35µg (54.84%), Iron: 8.5mg (47.21%), Fiber: 8.82g (35.28%), Vitamin B1: 0.43mg (28.92%), Zinc: 4.05mg (27.02%), Phosphorus: 223.37mg (22.34%), Vitamin B6: 0.41mg (20.41%), Magnesium: 77.22mg (19.3%), Vitamin B3: 3.68mg (18.39%), Selenium: 12.68µg (18.11%), Vitamin B2: 0.28mg (16.21%), Copper: 0.27mg (13.42%), Vitamin B12: 0.79µg (13.16%), Vitamin A: 564.8IU (11.3%), Potassium: 366.72mg (10.48%), Vitamin C: 8.27mg (10.02%), Calcium: 90.62mg (9.06%), Vitamin E: 1.15mg (7.68%), Vitamin B5: 0.38mg (3.83%), Vitamin K: 3.6µg (3.43%)