



Everyday Granola



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



562 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons brown sugar packed ()
- ☐ 1 cup fruit dried assorted
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup honey
- ☐ 3 cups old-fashioned oats
- ☐ 1 cup pecans coarsely chopped
- ☐ 0.3 teaspoon salt generous ()

- ☐ 0.5 cup coconut or shredded unsweetened
- ☐ 2 tablespoons vegetable oil

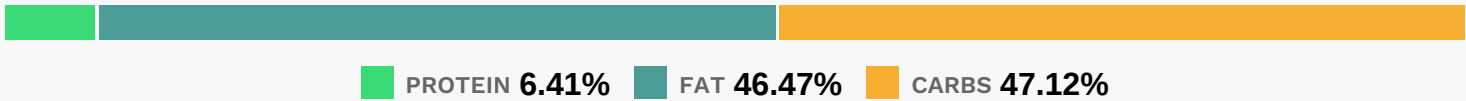
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 300°F. Line rimmedbaking sheet with parchment.
- ☐ Mix first 7ingredients in large bowl. Stir honey andoil in saucepan over medium-low heat untilsmooth.
- ☐ Pour honey mixture over oatmixture; toss.
- ☐ Spread on prepared sheet.
- ☐ Bake until golden, stirring every 10 minutes,about 40 minutes.
- ☐ Place sheet on rack. Stirgranola; cool.
- ☐ Mix in fruit. DO AHEAD: Canbe made 1 week ahead. Store airtight.
- ☐ * Available at specialty foods stores andnatural foods stores.

Nutrition Facts



Properties

Glycemic Index:27.65, Glycemic Load:22.36, Inflammation Score:-5, Nutrition Score:16.639130541812%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg

Nutrients (% of daily need)

Calories: 561.88kcal (28.09%), Fat: 30.4g (46.76%), Saturated Fat: 8.06g (50.35%), Carbohydrates: 69.35g (23.12%), Net Carbohydrates: 59.81g (21.75%), Sugar: 31.41g (34.91%), Cholesterol: 0mg (0%), Sodium: 126.44mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Manganese: 3.18mg (159.25%), Fiber: 9.54g (38.16%), Phosphorus: 286.08mg (28.61%), Copper: 0.56mg (28.12%), Magnesium: 109.03mg (27.26%), Vitamin B1: 0.38mg (25.35%), Selenium: 17.04µg (24.35%), Zinc: 3.06mg (20.42%), Iron: 3.3mg (18.35%), Vitamin K: 13.11µg (12.49%), Potassium: 395.67mg (11.3%), Vitamin B5: 0.87mg (8.69%), Vitamin B2: 0.13mg (7.57%), Vitamin B6: 0.14mg (7.05%), Vitamin E: 1.03mg (6.87%), Calcium: 66.57mg (6.66%), Folate: 22.49µg (5.62%), Vitamin B3: 0.96mg (4.82%)