



Fruit-and-Nut Granola

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 1 cup fruit mixed dried chopped
- ☐ 1 cup golden raisins
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 cup honey
- ☐ 0.3 cup nonfat milk dry
- ☐ 4 cups regular oats
- ☐ 0.3 cup orange juice

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sesame seed
- ☐ 0.3 cup sunflower seed kernels
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 cup honey-crunch wheat germ toasted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 8 ingredients in a large bowl.
- ☐ Combine the honey and orange juice in a small saucepan over medium heat, and cook 4 minutes or until warm.
- ☐ Add the oil and vanilla; stir with a whisk.
- ☐ Pour honey mixture over oat mixture, and toss well.
- ☐ Spread oat mixture onto a jelly-roll pan coated with cooking spray.
- ☐ Bake at 350 for 15 minutes; stir.
- ☐ Bake an additional 10 minutes or until crisp. Cool in pan.
- ☐ Place oat mixture in a large bowl; stir in dried fruits.

Nutrition Facts



Properties

Glycemic Index:18.87, Glycemic Load:13.84, Inflammation Score:-4, Nutrition Score:11.021738907565%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 216.52kcal (10.83%), Fat: 5.37g (8.27%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 34.97g (12.72%), Sugar: 19.73g (21.92%), Cholesterol: 0.38mg (0.13%), Sodium: 50.37mg (2.19%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 5.87g (11.74%), Manganese: 1.44mg (71.92%), Phosphorus: 179.07mg (17.91%), Fiber: 4.12g (16.46%), Selenium: 10.98µg (15.69%), Magnesium: 62.51mg (15.63%), Vitamin B1: 0.22mg (14.69%), Copper: 0.27mg (13.28%), Vitamin E: 1.71mg (11.41%), Zinc: 1.61mg (10.71%), Iron: 1.75mg (9.73%), Vitamin B2: 0.15mg (8.65%), Potassium: 279.16mg (7.98%), Vitamin B6: 0.15mg (7.58%), Calcium: 66.87mg (6.69%), Folate: 26.39µg (6.6%), Vitamin B3: 0.99mg (4.93%), Vitamin B5: 0.46mg (4.6%), Vitamin C: 2.48mg (3.01%), Vitamin K: 2.5µg (2.38%), Vitamin D: 0.21µg (1.38%), Vitamin B12: 0.08µg (1.26%), Vitamin A: 50.58IU (1.01%)