

Fruit 'n' Honey Granola

 Vegetarian  Dairy Free

READY IN



100 min.

SERVINGS



18

CALORIES



256 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup almonds toasted chopped
- 0.3 cup canola oil
- 1 teaspoon cinnamon
- 0.5 cup pineapple dried chopped
- 0.3 cup ground flaxseed
- 0.5 teaspoon nutmeg
- 0.7 cup honey
- 0.5 cup papaya dried chopped

- 4 cups oats quick
- 0.5 cup raisins
- 0.3 cup sunflower seeds
- 0.5 cup cranberries dried sweetened
- 0.3 cup wheat germ toasted

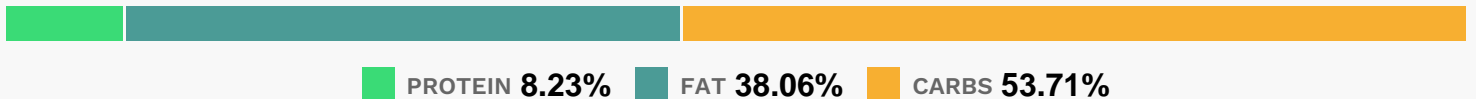
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 300 degrees F (150 degrees C). Line a large baking sheet with parchment paper.
- In a large bowl, mix the oats, almonds, wheat germ, sunflower seeds, flax seeds, cinnamon, nutmeg, canola oil, and honey.
- Spread evenly over the prepared baking sheet, pressing down lightly with the back of a spoon.
- Bake 20 minutes in the preheated oven, or until lightly browned. Allow to cool completely.
- In a large bowl, break the cooled granola into large chunks.
- Mix in the raisins, pineapple, sweetened dried cranberries, and papaya. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:20.66, Glycemic Load:14.32, Inflammation Score:-4, Nutrition Score:10.853913110235%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 255.5kcal (12.78%), Fat: 11.49g (17.68%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 32.1g (11.67%), Sugar: 17.15g (19.05%), Cholesterol: 0mg (0%), Sodium: 3.78mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.19%), Manganese: 1.31mg (65.62%), Vitamin E: 3.63mg (24.21%), Magnesium: 91.25mg (22.81%), Fiber: 4.39g (17.54%), Phosphorus: 165.1mg (16.51%), Vitamin B1: 0.21mg (14.25%), Selenium: 9.44µg (13.49%), Copper: 0.24mg (12.17%), Iron: 1.72mg (9.57%), Vitamin B2: 0.14mg (8.5%), Zinc: 1.25mg (8.37%), Potassium: 216.21mg (6.18%), Folate: 21.77µg (5.44%), Vitamin B6: 0.1mg (4.94%), Calcium: 43.87mg (4.39%), Vitamin B3: 0.86mg (4.31%), Vitamin C: 3.34mg (4.04%), Vitamin K: 4.02µg (3.83%), Vitamin B5: 0.27mg (2.7%)