



Fruitcake Granola

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



18

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 cups rolled oats
- 1 cup walnut pieces chopped
- 0.5 cup brown sugar packed
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.3 teaspoon salt
- 0.3 cup vegetable oil
- 0.3 cup honey

- 2 tablespoons granulated sugar
- 1 tablespoon rum extract
- 1 cup fruit dried
- 0.5 cup pineapple dried diced
- 0.3 cup candied orange peel diced
- 0.3 cup candied orange peel diced

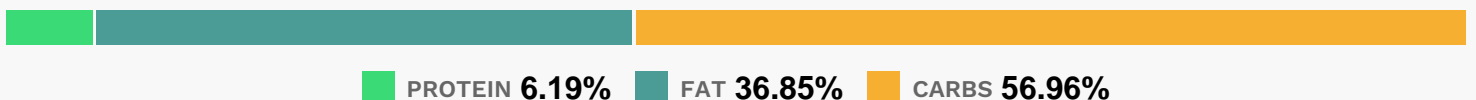
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack

Directions

- Heat oven to 300°F. In large bowl, mix oats, walnuts, brown sugar, cinnamon, nutmeg and salt; set aside.
- In 1-quart saucepan, heat oil, honey and granulated sugar to simmering, stirring constantly, until sugar is dissolved.
- Remove from heat; stir in rum.
- Pour hot liquid over oat mixture, stirring until dry ingredients are moistened.
- Spread in ungreased 15x10x1-inch pan.
- Bake 30 minutes, stirring occasionally, or until golden brown. Cool completely in pan on cooling rack, about 30 minutes.
- Stir granola to break apart. Stir in fruit bits, pineapple, orange peel and lemon peel. Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:16.02, Glycemic Load:7.57, Inflammation Score:-2, Nutrition Score:6.218260837152%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg

Nutrients (% of daily need)

Calories: 223.12kcal (11.16%), Fat: 9.49g (14.6%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 33g (11%), Net Carbohydrates: 30.33g (11.03%), Sugar: 19.29g (21.44%), Cholesterol: 0mg (0%), Sodium: 39.74mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Manganese: 0.91mg (45.27%), Fiber: 2.68g (10.71%), Phosphorus: 98.57mg (9.86%), Magnesium: 37.53mg (9.38%), Copper: 0.19mg (9.32%), Selenium: 5.68µg (8.12%), Vitamin K: 8.33µg (7.93%), Vitamin B1: 0.11mg (7.14%), Iron: 1.15mg (6.39%), Zinc: 0.89mg (5.91%), Potassium: 122.16mg (3.49%), Folate: 12.51µg (3.13%), Vitamin E: 0.46mg (3.08%), Vitamin B6: 0.06mg (2.95%), Calcium: 27.92mg (2.79%), Vitamin B5: 0.26mg (2.6%), Vitamin B2: 0.04mg (2.45%), Vitamin B3: 0.3mg (1.51%)