



Fruitcake Granola

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



18

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup candied orange peel diced
- 1 cup fruit dried
- 2 tablespoons granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.3 cup honey
- 0.3 cup lemon zest diced

- 4 cups rolled oats
- 0.5 cup pineapple dried diced
- 0.3 teaspoon salt
- 1 tablespoon rum extract
- 0.3 cup vegetable oil
- 1 cup walnut pieces chopped

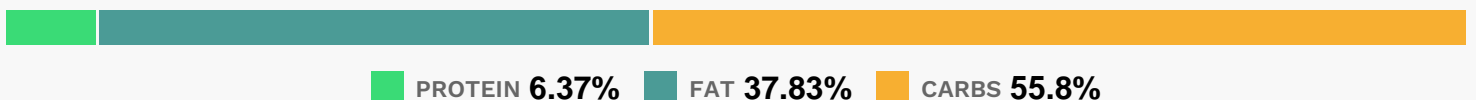
Equipment

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

Directions

- Heat oven to 300F. 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:6.3491304874744%

Flavonoids

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

Nutrients (% of daily need)

Calories: 217.04kcal (10.85%), Fat: 9.49g (14.6%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 28.71g (10.44%), Sugar: 17.67g (19.63%), Cholesterol: 0mg (0%), Sodium: 37.77mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Manganese: 0.9mg (45.15%), Fiber: 2.78g (11.14%), Phosphorus: 98.63mg (9.86%), Magnesium: 37.64mg (9.41%), Copper: 0.19mg (9.35%), Selenium: 5.68µg (8.12%), Vitamin K: 8.32µg (7.93%), Vitamin B1: 0.11mg (7.19%), Iron: 1.16mg (6.43%), Zinc: 0.89mg (5.93%), Potassium: 123.13mg (3.52%), Folate: 12.69µg (3.17%), Vitamin E: 0.46mg (3.09%), Vitamin B6: 0.06mg (3.06%), Vitamin C: 2.49mg (3.02%), Calcium: 29.33mg (2.93%), Vitamin B5: 0.26mg (2.64%), Vitamin B2: 0.04mg (2.51%), Vitamin B3: 0.31mg (1.53%)