



Giftable Jars of Muesli

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup cashew pieces
- 1 cup hazelnuts (filberts)
- 7 cups oats
- 1 cup coconut flakes flaked
- 0.8 cup pumpkin seeds (pepitas)
- 0.8 cup wheat germ
- 0.8 cup wheat bran
- 0.3 cup chia seeds

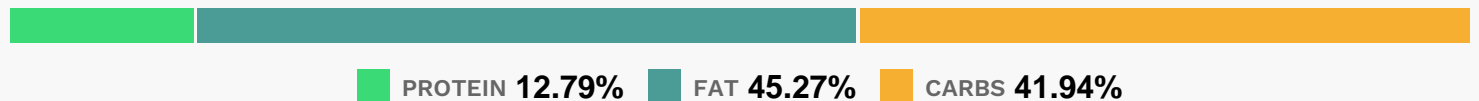
Equipment

- bowl
- oven
- baking pan
- pie form

Directions

- Heat oven to 350°F. In ungreased shallow baking pan, spread pecans and hazelnuts.
- Bake 5 to 7 minutes or until fragrant. Cool. Coarsely chop.
- Spread oats and coconut in another ungreased shallow baking pan.
- Bake 12 to 15 minutes or until lightly browned, stirring 2 to 3 times to prevent burning.
- In ungreased pie pan, spread pumpkin seeds.
- Bake 5 minutes.
- In large bowl, mix nuts, oats, coconut, pumpkin seeds and remaining ingredients except jars.
- Into each jar, measure about 1 cup muesli.

Nutrition Facts



Properties

Glycemic Index:5.51, Glycemic Load:6.04, Inflammation Score:-4, Nutrition Score:13.432173951327%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 210.77kcal (10.54%), Fat: 11.18g (17.19%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 17.69g (6.43%), Sugar: 1.06g (1.18%), Cholesterol: 0mg (0%), Sodium: 4.27mg (0.19%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Manganese: 2.18mg (108.94%), Magnesium: 97.1mg (24.28%), Phosphorus: 239.08mg (23.91%), Fiber: 5.61g (22.43%), Copper: 0.41mg (20.73%), Selenium: 14.1µg (20.14%), Vitamin B1: 0.26mg (17.29%), Zinc: 2.18mg (14.51%), Iron: 2.45mg (13.59%), Vitamin B6: 0.16mg (7.9%), Potassium: 251.15mg (7.18%), Folate: 28.44µg (7.11%), Vitamin E: 0.99mg (6.62%), Vitamin B3: 1.18mg (5.9%), Vitamin B5: 0.52mg (5.21%), Vitamin B2: 0.08mg (4.91%), Calcium: 35.73mg (3.57%), Vitamin K: 3.21µg (3.05%)