

Golden Cinnamon Granola

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



9

CALORIES



356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter melted
- 1 cup coconut flakes flaked
- 1.5 teaspoons ground cinnamon
- 0.3 cup honey
- 3 cups rolled oats
- 0.7 cup raisins
- 0.5 teaspoon salt
- 1 cup walnut pieces chopped

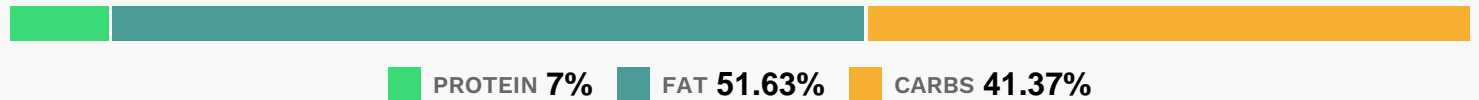
Equipment

- bowl
- oven
- baking pan

Directions

- In a small bowl, stir the butter, honey, cinnamon and salt until well blended.
- Combine the oats, coconut and walnuts in a greased 13-in. x 9-in. baking pan.
- Drizzle with butter mixture; stir to coat evenly.
- Bake at 275° for 50–60 minutes or until golden brown, stirring every 15 minutes.
- Add raisins. Cool, stirring occasionally. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:25.12, Glycemic Load:14.99, Inflammation Score:-4, Nutrition Score:11.680869462697%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg

Nutrients (% of daily need)

Calories: 356.24kcal (17.81%), Fat: 21.51g (33.09%), Saturated Fat: 9.76g (61.01%), Carbohydrates: 38.77g (12.92%), Net Carbohydrates: 32.71g (11.89%), Sugar: 9.04g (10.05%), Cholesterol: 13.56mg (4.52%), Sodium: 178.53mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Manganese: 1.78mg (88.95%), Fiber: 6.07g (24.27%), Copper: 0.42mg (21.23%), Phosphorus: 185.41mg (18.54%), Magnesium: 70.08mg (17.52%), Selenium: 10.41µg (14.87%), Vitamin B1: 0.19mg (12.45%), Iron: 2.19mg (12.16%), Zinc: 1.63mg (10.85%), Potassium: 302.94mg (8.66%), Vitamin B6: 0.15mg (7.42%), Folate: 22.96µg (5.74%), Vitamin B2: 0.1mg (5.66%), Vitamin B5: 0.47mg (4.72%), Calcium: 37.76mg (3.78%), Vitamin B3: 0.64mg (3.22%), Vitamin A: 161.16IU (3.22%), Vitamin E: 0.4mg (2.67%), Vitamin K: 1.47µg (1.4%), Vitamin C: 0.95mg (1.15%)