



Granola



Vegetarian



Vegan



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 3 tablespoons brown sugar light
- ☐ 0.7 cup regular oats uncooked
- ☐ 1 Dash salt
- ☐ 0.3 cup coconut or sweetened flaked
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon wheat germ toasted

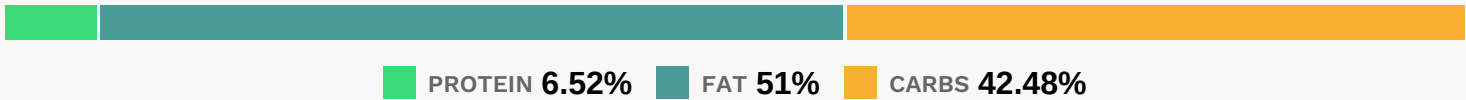
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Combine first 5 ingredients in a medium bowl, stirring well.
- ☐ Whisk together oil, vanilla, and salt in a small bowl until blended.
- ☐ Pour over oat mixture, stirring until evenly moistened.
- ☐ Spread oat mixture in a 15- x 10-inch jellyroll pan lined with aluminum foil.
- ☐ Bake at 350 for 12 minutes, stirring after 10 minutes. Cool completely in pan. Stir well, and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:3.17, Inflammation Score:-2, Nutrition Score:6.8439129953799%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 210.88kcal (10.54%), Fat: 12.17g (18.73%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 20.02g (7.28%), Sugar: 11.2g (12.44%), Cholesterol: 0mg (0%), Sodium: 28.47mg (1.24%), Alcohol: 0.34g (100%), Alcohol %: 1.02% (100%), Protein: 3.5g (7%), Manganese: 0.86mg (43.19%), Vitamin E: 2.09mg (13.9%), Vitamin K: 12.78µg (12.17%), Fiber: 2.79g (11.16%), Magnesium: 41.1mg (10.27%), Phosphorus: 100.37mg (10.04%), Selenium: 6.19µg (8.85%), Copper: 0.14mg (7.18%), Vitamin B1: 0.1mg (6.72%), Zinc: 0.88mg (5.88%), Iron: 1.02mg (5.67%), Vitamin B2: 0.1mg (5.59%), Potassium: 135.96mg (3.88%), Calcium: 31.2mg (3.12%), Folate: 10.97µg (2.74%), Vitamin B3: 0.5mg (2.52%), Vitamin B5: 0.23mg (2.29%), Vitamin B6: 0.04mg (2.24%)