



Granola with Pecans, Pumpkin Seeds and Dried Mango



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons apple cider
- ☐ 1 tablespoon canola oil
- ☐ 3 tablespoons mango dried chopped
- ☐ 5 tablespoons maple syrup
- ☐ 3 cups oats
- ☐ 0.3 cup pecans lightly toasted chopped
- ☐ 3 cups rice cereal

- ☐ 2 tablespoons pumpkin seeds
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

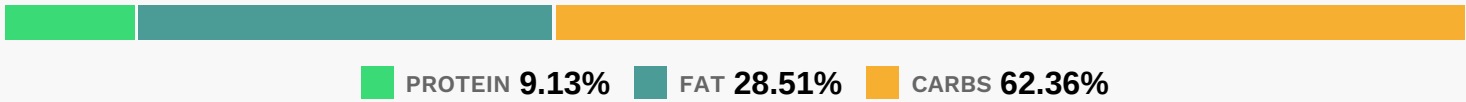
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Line a large rimmed baking sheet with parchment paper and reserve.
- ☐ Combine oats, puffed millet, pecans and pumpkinseeds in a large bowl.
- ☐ Whisk together canola oil, maple syrup, apple juice, vanilla, and salt in a small bowl and toss with dry ingredients.
- ☐ Spread on a large parchment-lined baking sheet and bake until golden brown, stirring occasionally, 20–25 minutes.
- ☐ Remove from oven, let cool completely, and toss with dried mango.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:13.82, Inflammation Score:–7, Nutrition Score:14.280869603157%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg,

Epigallocatechin: 0.34mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg
Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg,
Epigallocatechin 3–gallate: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 344.16kcal (17.21%), Fat: 11.07g (17.02%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 54.45g (18.15%), Net
Carbohydrates: 49.04g (17.83%), Sugar: 15.37g (17.08%), Cholesterol: 0mg (0%), Sodium: 101.89mg (4.43%),
Alcohol: 0.23g (100%), Alcohol %: 0.31% (100%), Protein: 7.97g (15.94%), Manganese: 2.29mg (114.31%), Phosphorus:
235.67mg (23.57%), Magnesium: 89.76mg (22.44%), Fiber: 5.41g (21.65%), Vitamin B1: 0.29mg (19.29%), Selenium:
13.25µg (18.92%), Vitamin B2: 0.31mg (18.48%), Vitamin A: 782.23IU (15.64%), Iron: 2.81mg (15.63%), Copper: 0.3mg
(14.99%), Zinc: 2.23mg (14.88%), Folate: 30.61µg (7.65%), Potassium: 255.46mg (7.3%), Vitamin B5: 0.54mg (5.35%),
Vitamin B3: 1.04mg (5.21%), Calcium: 50.48mg (5.05%), Vitamin E: 0.75mg (4.97%), Vitamin B6: 0.06mg (2.98%),
Vitamin K: 2.94µg (2.8%), Vitamin C: 1.37mg (1.66%)