

## Great Day Granola



Vegetarian



Dairy Free

READY IN



135 min.

SERVINGS



32

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 4 cups oats
- ☐ 3 cups golden beets
- ☐ 3 cups all-bran cereal
- ☐ 1 cup walnut pieces chopped
- ☐ 1 cup almonds sliced
- ☐ 1 cup sunflower seeds
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup vegetable oil

- ☐ 0.5 cup honey
- ☐ 0.5 cup water
- ☐ 0.5 teaspoon vanilla
- ☐ 0.5 teaspoon almond extract

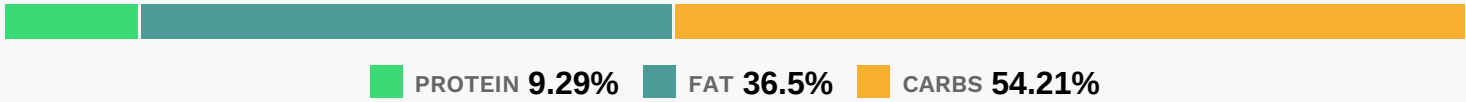
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Heat oven to 250°F. Spray 2 (15x10x1-inch) pans with cooking spray. In large bowl, mix oats, both cereals, the walnuts, almonds and sunflower nuts.
- ☐ In 2-quart saucepan, heat brown sugar, oil, honey and water over medium-high heat 3 to 5 minutes, stirring constantly, until brown sugar is melted.
- ☐ Remove from heat. Stir in vanilla and almond extract.
- ☐ Pour over cereal mixture; stir until well coated.
- ☐ Spread mixture evenly in pans.
- ☐ Bake 1 hour, rearranging pans once halfway through baking. Cool completely in pans, about 1 hour. Break into pieces. Store in tightly covered container.
- ☐ Serve as breakfast cereal, snack or as topping for ice cream, yogurt or fresh fruit.

## Nutrition Facts



## Properties

Glycemic Index:7.84, Glycemic Load:6.5, Inflammation Score:-6, Nutrition Score:13.581304244373%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin:

0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 172.57kcal (8.63%), Fat: 7.62g (11.73%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 21.42g (7.79%), Sugar: 13.24g (14.71%), Cholesterol: 0mg (0%), Sodium: 28.36mg (1.23%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 4.36g (8.73%), Manganese: 1.12mg (56.08%), Vitamin B6: 0.8mg (40.01%), Folate: 107.81µg (26.95%), Vitamin B12: 1.09µg (18.21%), Vitamin B1: 0.26mg (17.52%), Phosphorus: 168.11mg (16.81%), Magnesium: 65.89mg (16.47%), Fiber: 4.06g (16.24%), Vitamin E: 2.41mg (16.05%), Copper: 0.28mg (13.93%), Vitamin B2: 0.23mg (13.74%), Iron: 2.06mg (11.44%), Zinc: 1.56mg (10.4%), Selenium: 6.21µg (8.87%), Vitamin B3: 1.52mg (7.62%), Potassium: 213.7mg (6.11%), Calcium: 50.65mg (5.07%), Vitamin B5: 0.29mg (2.89%), Vitamin C: 1.92mg (2.33%), Vitamin A: 108.61IU (2.17%), Vitamin K: 1.88µg (1.79%), Vitamin D: 0.25µg (1.67%)