


 7%
HEALTH SCORE

Home made organic maple granola with fresh fruit

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

75 min.

SERVINGS

26

CALORIES

220 kcal

MORNING MEAL BRUNCH BREAKFAST

Ingredients

- 0.3 cup t brown sugar dark
- 1 cup cashew pieces
- 1 cup cranberries dried chopped
- 1 cup raisins dried chopped
- 26 servings fruit fresh
- 0.3 cup maple syrup
- 0.3 cup vegetable oil; peanut oil preferred

- 3 cups rolled oats
- 0.8 t salt
- 1 cup slivered almonds

Equipment

- bowl
- oven
- ziploc bags

Directions

- Preheat oven to 250* F.In a large bowl, combine the oats, nuts, salt and brown sugar.
- Add in the maple syrup and oil and mix thoroughly.
- Spread mixture thinly and evenly onto two cooking tins with sides about inch high.Cook for 45 to 60 minutes stirring carefully every 15 minutes and inter-changing where the cooking tins are placed every time you stir. This will give you more even browning.Note: The granola is done when it has a nice tan color, not dark, and can be chewed easily.
- Remove trays from oven.
- Let granola cool; then mix in dried fruit and place in sealed plastic bags. It will keep for two weeks, unrefrigerated.
- Serve with fresh fruit.

Nutrition Facts



Properties

Glycemic Index:6.56, Glycemic Load:5.64, Inflammation Score:-4, Nutrition Score:7.4839130434783%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg 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: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Taste

Sweetness: 100%, Saltiness: 4.41%, Sourness: 4.42%, Bitterness: 3.79%, Savoriness: 0%, Fattiness: 27.36%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 220.12kcal (11.01%), Fat: 7.13g (10.98%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 34.34g (12.49%), Sugar: 21.19g (23.54%), Cholesterol: 0mg (0%), Sodium: 76.87mg (3.34%), Protein: 3.72g (7.43%), Manganese: 0.65mg (32.43%), Fiber: 4.15g (16.6%), Copper: 0.3mg (14.9%), Magnesium: 47.24mg (11.81%), Phosphorus: 106.62mg (10.66%), Vitamin E: 1.57mg (10.48%), Vitamin B2: 0.14mg (8.47%), Iron: 1.43mg (7.96%), Potassium: 260.61mg (7.45%), Vitamin K: 7.7µg (7.33%), Vitamin A: 357.91IU (7.16%), Vitamin B1: 0.1mg (6.38%), Zinc: 0.9mg (6.01%), Selenium: 3.95µg (5.64%), Vitamin B3: 0.86mg (4.32%), Vitamin C: 2.94mg (3.57%), Vitamin B6: 0.07mg (3.39%), Calcium: 30.95mg (3.1%), Vitamin B5: 0.23mg (2.31%), Folate: 8.62µg (2.16%)