

Homemade Cereal

 Vegetarian  Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



415 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup brown sugar
- 1 cup dates chopped
- 0.5 cup honey
- 1 cup pecans chopped
- 7 cups cooking oats quick
- 1 teaspoon salt
- 1 tablespoon vanilla extract
- 0.5 cup vegetable oil

- 0.5 cup water
- 1 cup wheat bran
- 1 cup wheat germ

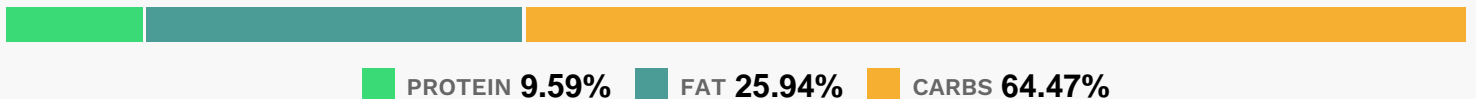
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 275 degrees F (135 degrees C).
- In a large bowl, mix oats, wheat germ, and wheat bran.
- In a medium bowl, blend brown sugar, vegetable oil, honey, and water.
- Mix in vanilla extract, cinnamon, nutmeg, and salt. Stir the brown sugar mixture into the oat mixture until evenly moist, and transfer to a large, shallow baking dish.
- Bake 45 minutes in the preheated oven, stirring every 15 minutes, until lightly brown.
- Mix dates, pecans, and coconut into the dish, and continue baking about 15 minutes. Allow to cool, and store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:18.44, Glycemic Load:28.89, Inflammation Score:-7, Nutrition Score:19.609999901575%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 414.68kcal (20.73%), Fat: 12.79g (19.68%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 71.55g (23.85%), Net Carbohydrates: 61.89g (22.5%), Sugar: 29.44g (32.72%), Cholesterol: 0mg (0%), Sodium: 200.42mg (8.71%), Alcohol: 0.37g (100%), Alcohol %: 0.37% (100%), Protein: 10.64g (21.28%), Manganese: 4.33mg (216.26%), Magnesium: 197.74mg (49.43%), Selenium: 28.36µg (40.51%), Fiber: 9.66g (38.64%), Phosphorus: 379.88mg (37.99%), Vitamin B1: 0.53mg (35.17%), Zinc: 3.53mg (23.51%), Copper: 0.45mg (22.28%), Iron: 3.79mg (21.05%), Vitamin B6: 0.28mg (14.07%), Potassium: 450.62mg (12.87%), Folate: 50.58µg (12.65%), Vitamin B3: 1.99mg (9.96%), Vitamin B2: 0.16mg (9.34%), Vitamin B5: 0.83mg (8.3%), Vitamin K: 5.59µg (5.33%), Calcium: 49.62mg (4.96%), Vitamin E: 0.69mg (4.57%)