



Homemade Chunky Granola

 Vegetarian  Dairy Free

READY IN



90 min.

SERVINGS



28

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup brown sugar packed
- 7 oz fruit mixed dried chopped
- 1 cup flour whole wheat
- 0.5 cup honey
- 6 cups rolled oats
- 1 teaspoon salt
- 1.5 cups slivered almonds
- 1.5 cups sunflower seeds

0.8 cup vegetable oil

0.5 cup water

Equipment

bowl

baking sheet

oven

whisk

Directions

Heat oven to 300F. In very large bowl, mix oats, sunflower nuts, almonds, flour, brown sugar and salt. In small bowl, beat oil, honey and water with wire whisk until well blended.

Add liquid ingredients to dry ingredients, stirring until dry ingredients are moistened.

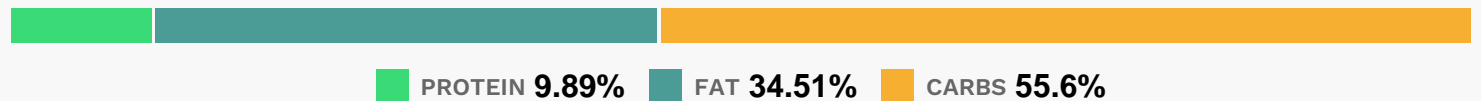
Spread on 2 ungreased large cookie sheets with sides.

Place both cookie sheets in oven on 2 separate oven racks, one below the other.

Bake 20 minutes, stirring after 10 minutes. Reverse position of cookie sheets in oven; bake 10 to 20 minutes longer, stirring every 10 minutes, until golden brown. Cool completely on cookie sheets, about 30 minutes.

Stir mixture to break apart. Stir in dried fruit. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:5.47, Glycemic Load:8.01, Inflammation Score:-4, Nutrition Score:10.846521889386%

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

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0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 224.61kcal (11.23%), Fat: 9.05g (13.93%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 32.83g (10.94%),
Net Carbohydrates: 28.57g (10.39%), Sugar: 14.71g (16.34%), Cholesterol: 0mg (0%), Sodium: 87.7mg (3.81%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.67%), Manganese: 1.12mg (56.11%), Vitamin E: 4.23mg
(28.2%), Magnesium: 74.32mg (18.58%), Fiber: 4.26g (17.04%), Selenium: 11.87µg (16.96%), Phosphorus: 166.97mg
(16.7%), Vitamin B1: 0.23mg (15.04%), Copper: 0.3mg (15.02%), Iron: 1.7mg (9.42%), Zinc: 1.35mg (8.97%), Vitamin
B2: 0.13mg (7.86%), Vitamin B6: 0.15mg (7.53%), Folate: 27.1µg (6.78%), Potassium: 226.36mg (6.47%), Vitamin B3:
1.27mg (6.36%), Calcium: 48.57mg (4.86%), Vitamin B5: 0.37mg (3.71%), Vitamin K: 3.68µg (3.51%)