



Homemade Chunky Granola



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



28

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 cups oats
- ☐ 1.5 cups sunflower seeds
- ☐ 1.5 cups slivered almonds
- ☐ 1 cup flour whole wheat
- ☐ 0.8 cup brown sugar packed
- ☐ 1 teaspoon salt
- ☐ 0.8 cup vegetable oil
- ☐ 0.5 cup honey

- ☐ 0.5 cup water
- ☐ 7 oz fruit mixed dried chopped

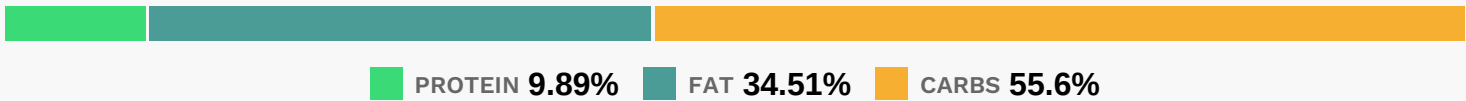
Equipment

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

Directions

- ☐ Heat oven to 300°F. 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

0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 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%)