

health-score 63%

HEALTH SCORE

Homemade Granola Parfait

 Vegetarian  Gluten Free  Very Healthy

READY IN

ready

105 min.

SERVINGS

servings

4

CALORIES

calories

1813 kcal

DESSERT

Ingredients

- ☐ 0.3 cup coconut oil melted
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup golden raisins
- ☐ 2 cups greek yogurt
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup honey
- ☐ 0.8 cup brown sugar light packed
- ☐ 2 cups poached berries mixed such as blackberries and blueberries

- ☐ 5 cups old-fashioned rolled oats
- ☐ 1 cup peanuts chopped
- ☐ 2 cups pecans coarsely chopped
- ☐ 1 teaspoon sea salt
- ☐ 1 cup sunflower seeds
- ☐ 0.5 cup coconut or unsweetened
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 250 degrees F.
- ☐ Combine the oats, pecans, sunflower seeds and peanuts in a large bowl. In a separate mixing bowl, combine the sugar, honey, oil, vanilla, cinnamon, salt and 1/4 cup water.
- ☐ Pour the liquid mixture over the oat mix and stir until combined.
- ☐ Pour onto two baking sheets and spread evenly.
- ☐ Bake 40 minutes, stirring halfway through to allow for even browning. Raise the oven temperature to 300 degrees F and continue to bake until golden brown, 20 to 25 minutes.
- ☐ Pour the cooked oat mixture into a bowl and stir in the raisins, cranberries and coconut.
- ☐ Let cool. The granola will keep in an airtight container at room temperature in a cool dry place for up to 3 weeks.
- ☐ In four parfait glasses or a large glass bowl, create alternating layers of granola, yogurt and berries, using a total of 2 cups of the granola.

Nutrition Facts



Properties

Glycemic Index:55.05, Glycemic Load:50.66, Inflammation Score:-9, Nutrition Score:54.656521620958%

Flavonoids

Cyanidin: 8.79mg, Cyanidin: 8.79mg, Cyanidin: 8.79mg, Cyanidin: 8.79mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 20.35mg, Delphinidin: 20.35mg, Delphinidin: 20.35mg, Delphinidin: 20.35mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 1812.81kcal (90.64%), Fat: 99.08g (152.43%), Saturated Fat: 25.98g (162.37%), Carbohydrates: 207.25g (69.08%), Net Carbohydrates: 179.95g (65.43%), Sugar: 111.41g (123.79%), Cholesterol: 5mg (1.67%), Sodium: 655.77mg (28.51%), Alcohol: 1.12g (100%), Alcohol %: 0.26% (100%), Protein: 46.64g (93.28%), Manganese: 8.28mg (413.89%), Phosphorus: 1108.02mg (110.8%), Fiber: 27.31g (109.22%), Copper: 2.17mg (108.25%), Vitamin B1: 1.59mg (106.15%), Magnesium: 414.21mg (103.55%), Selenium: 64.58µg (92.26%), Vitamin E: 13.71mg (91.38%), Zinc: 9.38mg (62.55%), Vitamin B3: 11.41mg (57.06%), Iron: 10.26mg (57.01%), Folate: 222.21µg (55.55%), Vitamin B6: 1.02mg (50.92%), Vitamin B2: 0.77mg (45.2%), Potassium: 1526.79mg (43.62%), Calcium: 330.76mg (33.08%), Vitamin B5: 3.25mg (32.46%), Vitamin K: 18.68µg (17.79%), Vitamin B12: 0.7µg (11.67%), Vitamin C: 3.97mg (4.81%), Vitamin A: 87.07IU (1.74%)