

health-score 60%

HEALTH SCORE

Homemade Mango-Agave Granola with Greek Yogurt

 Vegetarian  Very Healthy

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

937 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup agave syrup
- ☐ 0.3 cup canola oil
- ☐ 1 pint percent greek yogurt
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons ground flax seed
- ☐ 0.3 cup r honey
- ☐ 4 servings honey drizzle for garnish

- ☐ 2 tablespoons brown sugar light
- ☐ 1 cup mangos dried diced sweetened
- ☐ 3 cups old-fashioned rolled oats instant not
- ☐ 0.5 cup pumpkin seeds raw
- ☐ 0.5 cup sunflower seeds raw
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup slivered almonds
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup wheat germ

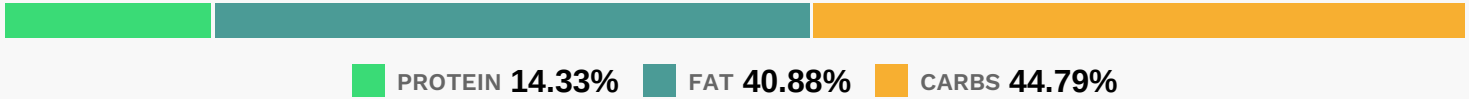
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 325 degrees F. Line a 1/2-sheet pan with parchment paper or silpat.
- ☐ Mix together the oil, agave syrup, honey, cinnamon, brown sugar, and vanilla extract in a small bowl until smooth.
- ☐ Combine the oats, almonds, sunflower seeds, pumpkin seeds, wheat germ, flax seed, and salt in a large bowl.
- ☐ Add the wet mixture to the dry mixture and stir well to combine making sure everything is evenly coated.
- ☐ Spread the mixture evenly onto the prepared sheet pan and bake in the oven, stirring occasionally, until golden brown and crisp, about 25 to 30 minutes.
- ☐ Remove from the oven and let cool slightly. While still warm, break into clumps.
- ☐ Add the dried fruit after it has cooled.
- ☐ Serve the yogurt in bowls and top with some of the granola and a drizzle of honey. Store the leftover granola in an airtight container in a cool place.

Nutrition Facts



Properties

Glycemic Index:72.07, Glycemic Load:31.18, Inflammation Score:-9, Nutrition Score:42.399130406587%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 936.6kcal (46.83%), Fat: 44.15g (67.92%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 108.85g (36.28%), Net Carbohydrates: 94.39g (34.32%), Sugar: 50.06g (55.62%), Cholesterol: 5.91mg (1.97%), Sodium: 200.53mg (8.72%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 34.83g (69.67%), Manganese: 5.51mg (275.64%), Vitamin E: 14.5mg (96.63%), Phosphorus: 867.96mg (86.8%), Magnesium: 307.27mg (76.82%), Selenium: 52.81µg (75.45%), Vitamin B1: 0.97mg (64.9%), Fiber: 14.46g (57.82%), Copper: 1.1mg (54.75%), Vitamin B2: 0.86mg (50.4%), Zinc: 6.97mg (46.44%), Folate: 145.27µg (36.32%), Iron: 6.39mg (35.49%), Vitamin B6: 0.7mg (34.8%), Potassium: 960.95mg (27.46%), Calcium: 265.23mg (26.52%), Vitamin B3: 4.97mg (24.84%), Vitamin C: 17.92mg (21.72%), Vitamin B5: 1.89mg (18.86%), Vitamin K: 16.92µg (16.11%), Vitamin B12: 0.83µg (13.8%), Vitamin A: 462.39IU (9.25%)