



Homemade Nutty Granola



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



531 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 1 teaspoon cinnamon
- ☐ 0.5 cup honey
- ☐ 0.5 cup brown sugar light packed
- ☐ 4 cups old-fashioned oats
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sunflower seeds

- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup walnuts chopped

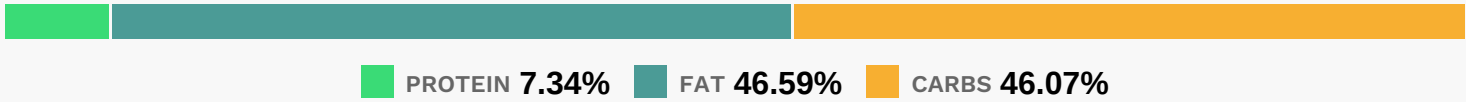
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Position rack in middle of oven and preheat to 375F. Mist a large rimmed baking sheet with cooking spray.
- ☐ Mix oats, nuts, sunflower seeds, cinnamon and salt in a large bowl. In a saucepan, combine brown sugar, honey and oil and bring to a simmer over medium heat.
- ☐ Remove from heat; carefully stir in vanilla.
- ☐ Pour hot liquid over oat mixture, stir and toss until thoroughly mixed.
- ☐ Spread granola on baking sheet and bake until golden brown, about 20 to 25 minutes, stirring occasionally to brown evenly.
- ☐ Transfer sheet to wire rack and let cool.

Nutrition Facts



Properties

Glycemic Index:19.66, Glycemic Load:18.82, Inflammation Score:-5, Nutrition Score:18.285652210531%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg

Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate:
0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg
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 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: 531.2kcal (26.56%), Fat: 28.58g (43.97%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 63.59g (21.2%),
Net Carbohydrates: 56.73g (20.63%), Sugar: 32.2g (35.77%), Cholesterol: 0mg (0%), Sodium: 153.54mg (6.68%),
Alcohol: 0.34g (100%), Alcohol %: 0.38% (100%), Protein: 10.14g (20.28%), Manganese: 2.39mg (119.73%), Vitamin E:
5.48mg (36.55%), Magnesium: 120.42mg (30.11%), Phosphorus: 294.94mg (29.49%), Copper: 0.58mg (29.11%),
Fiber: 6.85g (27.41%), Vitamin B1: 0.39mg (26.15%), Selenium: 17.35µg (24.79%), Zinc: 2.67mg (17.77%), Vitamin K:
18.03µg (17.17%), Iron: 2.97mg (16.52%), Vitamin B6: 0.23mg (11.3%), Vitamin B2: 0.19mg (11%), Folate: 43.76µg
(10.94%), Potassium: 334.99mg (9.57%), Vitamin B3: 1.57mg (7.85%), Vitamin B5: 0.71mg (7.1%), Calcium: 70.4mg
(7.04%)