



Honey-Baked Chunky Granola

 Vegetarian

READY IN



83 min.

SERVINGS



13

CALORIES



519 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup natural almonds whole
- 0.5 cup firmly brown sugar light packed
- 0.5 cup butter
- 0.8 cup coconut flakes dried organic
- 1 cup apricots dried chopped
- 1 cup cherries dried
- 1 cup cranberries dried
- 0.5 cup flax seeds

- 1 tablespoon ground cinnamon
- 0.5 cup honey
- 4 cups regular oats uncooked
- 1 tablespoon orange rind grated
- 1 cup sunflower seeds raw
- 0.3 teaspoon salt
- 2 teaspoons vanilla extract
- 0.5 cup walnuts coarsely chopped
- 0.5 cup wheat germ toasted

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven

Directions

- Combine first 4 ingredients in a small saucepan. Bring to a simmer over medium heat, and cook 5 minutes, stirring occasionally.
- Remove from heat; stir in orange rind, cinnamon, and vanilla.
- While syrup cooks, toss together oats and next 5 ingredients in a large bowl until blended.
- Pour syrup over oat mixture, and stir until coated. Using hands coated with butter-flavored cooking spray, very firmly press oat mixture into a large lightly greased rimmed baking sheet.
- Bake at 275 for 1 hour and 10 minutes or until toasted and browned (do not stir).
- Let cool completely in pan.
- Toss together cherries and next 3 ingredients in large bowl. When granola is cool, break apart into chunks, and gently stir into dried fruit and coconut. Store granola in airtight jars up to 5 days.

Nutrition Facts

PROTEIN 8.06% FAT 43.15% CARBS 48.79%

Properties

Glycemic Index:20.21, Glycemic Load:13.59, Inflammation Score:-8, Nutrition Score:20.941304149835%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg 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 Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 519.42kcal (25.97%), Fat: 26.17g (40.27%), Saturated Fat: 8.84g (55.23%), Carbohydrates: 66.59g (22.2%), Net Carbohydrates: 56.55g (20.56%), Sugar: 37.28g (41.42%), Cholesterol: 18.77mg (6.26%), Sodium: 113.69mg (4.94%), Alcohol: 0.21g (100%), Alcohol %: 0.22% (100%), Protein: 11g (21.99%), Manganese: 2.44mg (122.11%), Vitamin E: 6.06mg (40.39%), Fiber: 10.05g (40.18%), Magnesium: 135.52mg (33.88%), Vitamin B1: 0.49mg (32.67%), Phosphorus: 312.5mg (31.25%), Copper: 0.62mg (30.81%), Selenium: 19.76µg (28.23%), Iron: 3.37mg (18.74%), Vitamin A: 919.45IU (18.39%), Zinc: 2.76mg (18.38%), Vitamin B6: 0.32mg (16.24%), Folate: 58.49µg (14.62%), Potassium: 480.82mg (13.74%), Vitamin B2: 0.2mg (11.84%), Vitamin B3: 2.27mg (11.36%), Calcium: 91.33mg (9.13%), Vitamin B5: 0.76mg (7.56%), Vitamin K: 2.73µg (2.6%), Vitamin C: 1.15mg (1.39%)