

Jennifer's Granola

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup almonds sliced
- 0.5 cup brown sugar
- 0.3 cup canola oil
- 0.5 cup ground flaxseed
- 1 teaspoon ground cinnamon
- 0.3 cup honey
- 0.5 cup pecans chopped
- 0.5 cup sunflower seeds raw

- 4 cups rolled oats
- 1.5 teaspoons salt
- 1 teaspoon vanilla extract
- 0.5 cup water
- 1 cup wheat germ

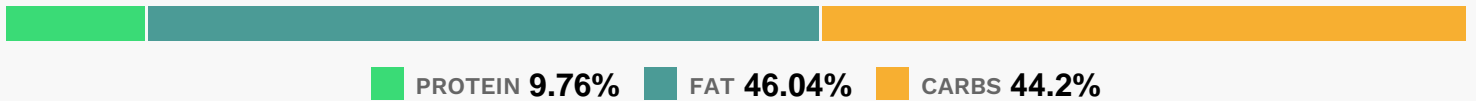
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat the oven to 300 degrees F (150 degrees C).
- In a large bowl, mix together the oats, wheat germ, flax seed meal, brown sugar, sunflower seeds, pecans, almonds, cinnamon and salt. In a separate bowl, whisk together the oil, honey, vanilla and water.
- Pour the wet ingredients over the dry, and mix until evenly blended.
- Spread in a greased 9x13 or 11x7 inch baking pan.
- Bake for 1 hour in the preheated oven, stirring every 20 minutes, or until toasted.
- Let cool completely before storing in an airtight container.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:7.11, Inflammation Score:-5, Nutrition Score:14.745217511187%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg,

Catechin: 0.28mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 278.55kcal (13.93%), Fat: 14.84g (22.83%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 26.58g (9.67%), Sugar: 11.7g (13%), Cholesterol: 0mg (0%), Sodium: 224.54mg (9.76%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 7.08g (14.15%), Manganese: 2.15mg (107.41%), Vitamin B1: 0.4mg (26.73%), Magnesium: 91.15mg (22.79%), Phosphorus: 227.21mg (22.72%), Selenium: 15.42µg (22.02%), Fiber: 5.48g (21.94%), Vitamin E: 3.18mg (21.18%), Copper: 0.35mg (17.52%), Zinc: 2.31mg (15.39%), Iron: 2.09mg (11.63%), Folate: 42.74µg (10.68%), Vitamin B6: 0.21mg (10.46%), Vitamin B2: 0.13mg (7.63%), Potassium: 253.04mg (7.23%), Vitamin B3: 1.38mg (6.9%), Vitamin B5: 0.54mg (5.42%), Calcium: 47.14mg (4.71%), Vitamin K: 4.11µg (3.91%)