



WHATSheATE



Light Fruit and Nut Granola



Vegetarian



Vegan



Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 0.3 cup apricots dried diced
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons canola oil
- ☐ 3 tablespoons flax seeds
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground ginger
- ☐ 3 tablespoons maple syrup

- ☐ 0.3 cup pecans chopped
- ☐ 2 cups rolled oats
- ☐ 0.5 cup rice flour

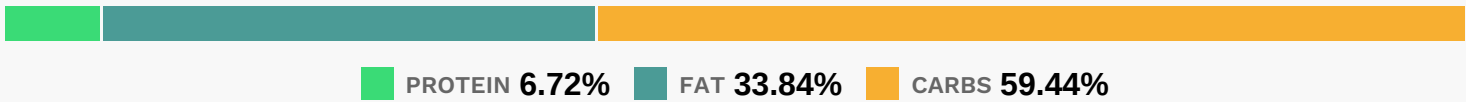
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Line a baking sheet with parchment paper.
- ☐ Toss the rolled oats, spelt flour, brown sugar, cinnamon, ginger, canola oil, applesauce, maple syrup, dried apricots, pecans and ground flax seed together in a bowl, and mix well.
- ☐ Spread the granola mixture on the lined baking sheet.
- ☐ Bake for 20 minutes, stir the granola, then bake for another 15 minutes until dry. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:26.15, Glycemic Load:9.74, Inflammation Score:-4, Nutrition Score:11.934782704581%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 378.05kcal (18.9%), Fat: 14.53g (22.35%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 50.83g (18.48%), Sugar: 28.16g (31.29%), Cholesterol: 0mg (0%), Sodium: 10.33mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.98%), Manganese: 1.71mg (85.4%), Fiber: 6.58g (26.33%), Magnesium: 68.92mg (17.23%), Vitamin B1: 0.25mg (16.44%), Phosphorus: 161.21mg (16.12%), Selenium: 9.77µg (13.96%), Iron: 2.42mg (13.42%), Copper: 0.25mg (12.67%), Vitamin B2: 0.19mg (11.2%), Vitamin E: 1.68mg (11.17%), Zinc: 1.52mg (10.14%), Potassium: 279.09mg (7.97%), Calcium: 63.11mg (6.31%), Vitamin K: 6.23µg (5.93%), Vitamin B5: 0.45mg (4.5%), Vitamin A: 201.77IU (4.04%), Vitamin B6: 0.08mg (4.02%), Folate: 15.08µg (3.77%), Vitamin B3: 0.72mg (3.58%)