



Maple Apricot Granola



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



538 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 oz almonds sliced
- ☐ 0.3 cup candied ginger finely chopped ()
- ☐ 11 oz apricot dried finely chopped
- ☐ 1.3 oz flaxseeds
- ☐ 10 servings yogurt plain
- ☐ 18 oz oats
- ☐ 1 cup pumpkin seeds green hulled () (not roasted; 5 oz)
- ☐ 1 teaspoon salt

- ☐ 0.5 cup sunflower seeds hulled (not roasted;)
- ☐ 0.8 cup vegetable oil

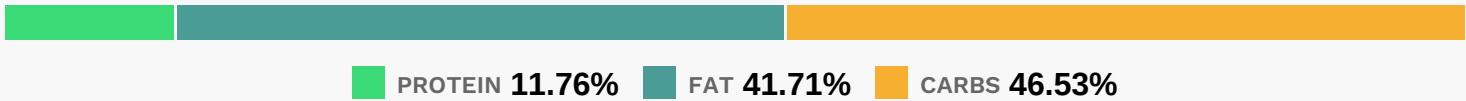
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Finely grind flaxseeds in coffee/spice grinder, then stir together with oats, almonds, pumpkin seeds, sunflower seeds, salt, oil, and syrup in a large bowl.
- ☐ Spread mixture evenly in 2 large shallow baking pans (1 inch deep) and bake in upper and lower thirds of oven, stirring and switching position of pans halfway through baking, until golden brown, about 30 minutes total.
- ☐ Cool granola completely in pans on racks, then stir in ginger (if using) and apricots.
- ☐ • Granola can be made 1 week ahead and kept in an airtight container at cool room temperature, or frozen 1 month.

Nutrition Facts



Properties

Glycemic Index:16.44, Glycemic Load:17.93, Inflammation Score:-9, Nutrition Score:26.71173905314%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 538.2kcal (26.91%), Fat: 26.19g (40.29%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 65.74g (21.91%), Net Carbohydrates: 53.55g (19.47%), Sugar: 22.05g (24.5%), Cholesterol: 0.13mg (0.04%), Sodium: 242.24mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.22%), Manganese: 2.95mg (147.69%), Vitamin E: 10.15mg (67.64%), Magnesium: 215.31mg (53.83%), Fiber: 12.19g (48.77%), Phosphorus: 487.28mg (48.73%), Copper: 0.79mg (39.51%), Vitamin B1: 0.46mg (30.73%), Selenium: 21.44µg (30.63%), Iron: 4.96mg (27.57%), Zinc: 3.68mg (24.55%), Potassium: 838.11mg (23.95%), Vitamin B2: 0.4mg (23.61%), Vitamin A: 1129.48IU (22.59%), Vitamin B3: 3.19mg (15.94%), Folate: 51.5µg (12.88%), Calcium: 123.26mg (12.33%), Vitamin B6: 0.24mg (12.15%), Vitamin B5: 1mg (10.01%), Vitamin K: 8.62µg (8.21%)