



Maple, Barley, and Wheat Granola

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



532 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups rolled barley flakes
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon kosher salt
- 0.5 cup maple syrup
- 0.5 cup pecans coarsely chopped
- 0.5 cup cranberries dried sweetened
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

1.5 cups rolled wheat flakes

Equipment

bowl

baking sheet

oven

Directions

Heat the oven to 300°F and arrange a rack in the middle.

Place the barley, wheat, pecans, cinnamon, and salt in a large bowl and stir to combine; set aside.

Place the maple syrup, oil, and vanilla in a small bowl and stir to combine.

Drizzle over the barley-wheat mixture and mix until thoroughly coated and there are no clumps.

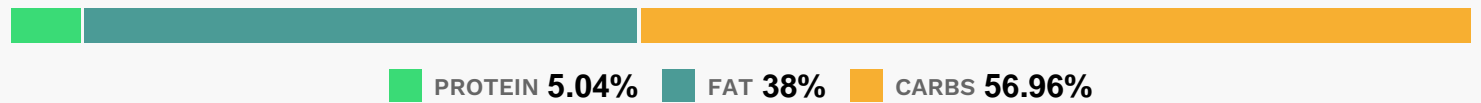
Spread the mixture in a thin, even layer on a rimmed baking sheet.

Bake until the granola is golden brown, about 20 to 25 minutes.

Transfer to a large heatproof bowl, add the cranberries, and stir to combine.

Let cool completely. (The granola will crisp up as it cools.) Store in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:9.96, Inflammation Score:-8, Nutrition Score:35.474347705426%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 531.51kcal (26.58%), Fat: 23.82g (36.64%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 80.34g (26.78%), Net Carbohydrates: 71.26g (25.91%), Sugar: 38.42g (42.69%), Cholesterol: 0mg (0%), Sodium: 259.74mg (11.29%), Alcohol: 0.34g (100%), Alcohol %: 0.33% (100%), Protein: 7.11g (14.23%), Manganese: 2.32mg (116.2%), Vitamin B2: 1.37mg (80.45%), Iron: 10.25mg (56.94%), Vitamin B1: 0.85mg (56.47%), Zinc: 8.23mg (54.87%), Vitamin E: 8.22mg (54.83%), Vitamin B6: 1.02mg (50.78%), Vitamin B5: 5.06mg (50.57%), Vitamin B3: 10.1mg (50.5%), Vitamin B12: 2.99µg (49.88%), Folate: 199.39µg (49.85%), Fiber: 9.08g (36.31%), Vitamin C: 29.67mg (35.97%), Vitamin K: 26.92µg (25.64%), Copper: 0.23mg (11.55%), Magnesium: 43.97mg (10.99%), Phosphorus: 109.38mg (10.94%), Potassium: 327.13mg (9.35%), Vitamin A: 376.17IU (7.52%), Calcium: 62.16mg (6.22%), Vitamin D: 0.5µg (3.33%), Selenium: 2.07µg (2.95%)