



Maple-Pecan Granola



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup maple syrup
- ☐ 2 cups regular oats
- ☐ 0.5 cup pecans
- ☐ 0.1 teaspoon salt

Equipment

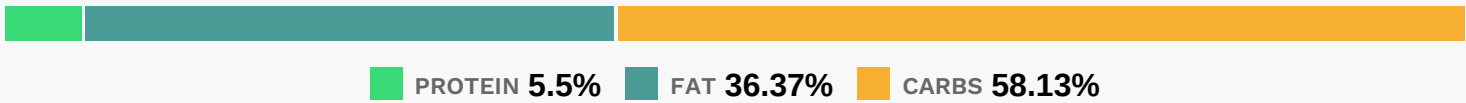
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 30
- ☐ Combine oats and next 5 ingredients (through salt); spread on a large jelly-roll pan coated with cooking spray.
- ☐ Bake at 300 for 1 hour, stirring every 15 minutes. Cool completely.
- ☐ Note: Store in an airtight container for up to one week.

Nutrition Facts



Properties

Glycemic Index:5.41, Glycemic Load:4.82, Inflammation Score:-1, Nutrition Score:4.1534783566452%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 117.65kcal (5.88%), Fat: 4.86g (7.48%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 16.14g (5.87%), Sugar: 9.6g (10.67%), Cholesterol: 0mg (0%), Sodium: 20.64mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Manganese: 0.75mg (37.74%), Vitamin B2: 0.15mg (8.7%), Fiber: 1.35g (5.4%), Magnesium: 20.53mg (5.13%), Phosphorus: 51.13mg (5.11%), Vitamin B1: 0.08mg (5.05%), Selenium: 3.1µg (4.43%), Copper: 0.08mg (4.11%), Zinc: 0.59mg (3.96%), Iron: 0.55mg (3.07%), Vitamin E: 0.4mg (2.64%), Potassium: 77.87mg (2.22%), Calcium: 21.49mg (2.15%), Vitamin K: 1.57µg (1.49%), Vitamin B5: 0.15mg (1.47%), Folate: 4.03µg (1.01%)