



Maple Pecan Granola



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



18

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup ground flax seed
- ☐ 1 teaspoon peppermint flavoring
- ☐ 0.7 cup maple syrup pure
- ☐ 4 cups old-fashioned oats
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt

☐ 0.5 cup walnuts chopped

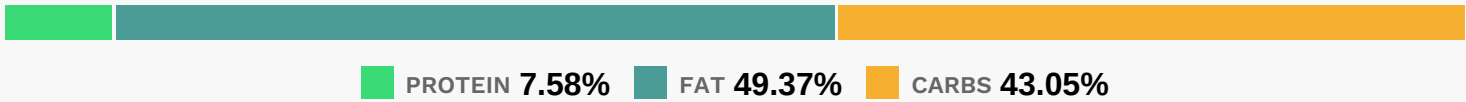
Equipment

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

Directions

- ☐ Preheat the oven to 300 degrees F (150 degrees C).
- ☐ Line a baking sheet with parchment paper.
- ☐ Mix oats, pecans, walnuts, flax seed, and cinnamon in a large bowl.
- ☐ Stir canola oil, maple syrup, maple flavoring, and salt together in a small bowl; pour over the oat mixture and stir to coat evenly.
- ☐ Spread the resulting mixture evenly onto the prepared baking sheet.
- ☐ Bake in the preheated oven until lightly browned, about 40 minutes.
- ☐ Set granola aside to cool completely before breaking into chunks. Store in an air-tight container.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:7.17, Inflammation Score:-3, Nutrition Score:8.5034781822368%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 203.62kcal (10.18%), Fat: 11.5g (17.69%), Saturated Fat: 1.06g (6.59%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 18.9g (6.87%), Sugar: 7.6g (8.45%), Cholesterol: 0mg (0%), Sodium: 35.87mg (1.56%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Manganese: 1.32mg (66.24%), Fiber: 3.66g (14.64%), Magnesium: 53.72mg (13.43%), Vitamin B1: 0.19mg (12.98%), Phosphorus: 122.18mg (12.22%), Vitamin B2: 0.2mg (11.5%), Copper: 0.21mg (10.67%), Selenium: 6.62µg (9.45%), Zinc: 1.17mg (7.83%), Iron: 1.22mg (6.8%), Vitamin E: 0.89mg (5.9%), Potassium: 155.9mg (4.45%), Calcium: 41.25mg (4.13%), Vitamin K: 3.77µg (3.59%), Folate: 13.5µg (3.37%), Vitamin B6: 0.06mg (3.16%), Vitamin B5: 0.29mg (2.91%), Vitamin B3: 0.42mg (2.12%)