

Megan's Granola

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



30

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup almonds finely chopped
- 0.5 cup brown sugar
- 1 tablespoon ground cinnamon
- 0.8 cup honey
- 0.3 cup maple syrup
- 1.5 cups oat bran
- 1 cup pecans finely chopped
- 2 cups cranberries dried sweetened

- 8 cups rolled oats
- 1.5 teaspoons salt
- 1 cup sunflower seeds
- 1 tablespoon vanilla extract
- 1 cup vegetable oil
- 1 cup walnut pieces finely chopped
- 1.5 cups wheat germ

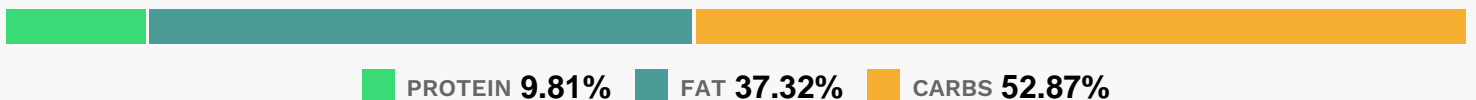
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Preheat the oven to 325 degrees F (165 degrees C). Line two large baking sheets with parchment or aluminum foil.
- Combine the oats, wheat germ, oat bran, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, brown sugar, maple syrup, honey, oil, cinnamon, and vanilla in a saucepan. Bring to a boil over medium heat, then pour over the dry ingredients, and stir to coat.
- Spread the mixture out evenly on the baking sheets.
- Bake in the preheated oven until crispy and toasted, about 20 minutes. Stir once halfway through. Cool, then stir in the raisins or cranberries before storing in an airtight container.

Nutrition Facts



Properties

Glycemic Index:8.28, Glycemic Load:11.16, Inflammation Score:-5, Nutrition Score:15.592174017883%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 308.29kcal (15.41%), Fat: 13.77g (21.19%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 43.9g (14.63%), Net Carbohydrates: 37.86g (13.77%), Sugar: 18.92g (21.02%), Cholesterol: 0mg (0%), Sodium: 121.11mg (5.27%), Alcohol: 0.15g (100%), Alcohol %: 0.23% (100%), Protein: 8.14g (16.28%), Manganese: 2.52mg (126.01%), Vitamin B1: 0.39mg (26.26%), Phosphorus: 258.4mg (25.84%), Magnesium: 97.23mg (24.31%), Fiber: 6.04g (24.17%), Selenium: 16.58µg (23.68%), Vitamin E: 3.32mg (22.1%), Copper: 0.4mg (20.04%), Zinc: 2.39mg (15.93%), Iron: 2.34mg (13%), Vitamin B2: 0.2mg (11.54%), Folate: 43.28µg (10.82%), Vitamin B6: 0.21mg (10.43%), Potassium: 280.46mg (8.01%), Vitamin B3: 1.39mg (6.94%), Vitamin B5: 0.62mg (6.17%), Calcium: 49.63mg (4.96%), Vitamin K: 4.23µg (4.03%)