

Mixed Fruit Granola

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



742 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 tablespoons plus
- ☐ 1 cup fruit mixed dried chopped
- ☐ 3 cups regular oats uncooked
- ☐ 0.3 cup pecans chopped
- ☐ 2 tablespoons sesame seed
- ☐ 0.3 cup sunflower seed kernels

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup wheat germ

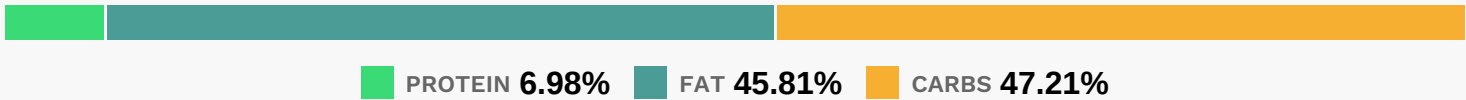
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Combine first 5 ingredients in a bowl. Set oats mixture aside.
- ☐ Cook butter and brown sugar in a medium saucepan over medium heat, stirring constantly, until butter is melted and sugar is dissolved. Stir in corn syrup.
- ☐ Remove from heat, and stir in vanilla.
- ☐ Pour sugar mixture evenly over oats mixture, tossing to coat well.
- ☐ Spread mixture evenly in a lightly greased jelly-roll or broiler pan.
- ☐ Bake at 350 for 25 to 30 minutes, stirring 3 times. Cool completely. Stir in dried fruit.
- ☐ Note: Store in an airtight container up to 2 weeks.
- ☐ Susan Cearley, Pipe Creek, Texas

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:17.68, Inflammation Score:-8, Nutrition Score:23.475652101247%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate:

0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 742.11kcal (37.11%), Fat: 38.99g (59.99%), Saturated Fat: 16.47g (102.91%), Carbohydrates: 90.41g (30.14%), Net Carbohydrates: 80.49g (29.27%), Sugar: 41.16g (45.73%), Cholesterol: 61.01mg (20.34%), Sodium: 203.77mg (8.86%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 13.37g (26.74%), Manganese: 3.8mg (190.13%), Selenium: 30.09µg (42.99%), Phosphorus: 423.82mg (42.38%), Vitamin B1: 0.63mg (42.14%), Magnesium: 160.67mg (40.17%), Fiber: 9.92g (39.67%), Copper: 0.73mg (36.66%), Zinc: 4.28mg (28.56%), Vitamin E: 4mg (26.67%), Iron: 4.63mg (25.74%), Vitamin B6: 0.34mg (16.79%), Folate: 66.07µg (16.52%), Vitamin A: 718.45IU (14.37%), Potassium: 497.89mg (14.23%), Calcium: 132.1mg (13.21%), Vitamin B2: 0.2mg (11.61%), Vitamin B3: 2.24mg (11.19%), Vitamin B5: 1.11mg (11.1%), Vitamin K: 5µg (4.76%)