



Mom's Best Granola

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



14

CALORIES



407 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup almonds chopped
- 0.3 cup brown sugar
- 0.5 cup honey
- 7 cups rolled oats
- 0.5 teaspoon salt
- 0.5 cup sesame seed
- 0.5 cup sunflower seeds unsalted
- 1 cup coconut flakes unsweetened flaked

- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 0.5 cup water boiling
- 1 cup wheat germ

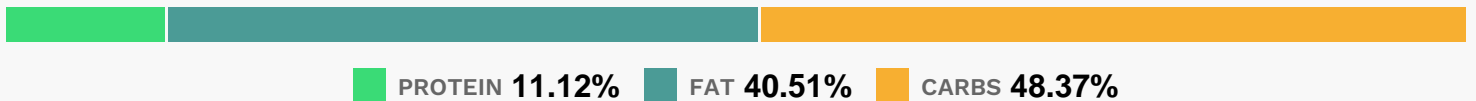
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- In a large bowl, stir together the oats, wheat germ, coconut, sunflower seeds and almonds. In a separate bowl, mix together the oil, honey, boiling water, brown sugar, salt and vanilla.
- Pour the liquid ingredients into the dry ingredients, and stir until evenly coated.
- Spread in a thin layer on a large baking sheet.
- Bake for 60 to 90 minutes in the preheated oven. Stir every 30 minutes, until lightly toasted and fragrant. Granola will crisp up more when cooled.

Nutrition Facts



Properties

Glycemic Index:11.23, Glycemic Load:14.96, Inflammation Score:-6, Nutrition Score:20.584782468074%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 407.4kcal (20.37%), Fat: 19.14g (29.44%), Saturated Fat: 5.27g (32.95%), Carbohydrates: 51.42g (17.14%), Net Carbohydrates: 42.91g (15.6%), Sugar: 15.22g (16.91%), Cholesterol: 0mg (0%), Sodium: 91.87mg (3.99%), Alcohol: 0.1g (100%), Alcohol %: 0.12% (100%), Protein: 11.82g (23.64%), Manganese: 3.2mg (160.12%), Phosphorus: 362.96mg (36.3%), Magnesium: 143.69mg (35.92%), Selenium: 24.29µg (34.7%), Copper: 0.69mg (34.5%), Fiber: 8.51g (34.05%), Vitamin B1: 0.48mg (31.93%), Vitamin E: 4.64mg (30.9%), Zinc: 3.61mg (24.06%), Iron: 3.93mg (21.83%), Vitamin B2: 0.26mg (15.38%), Vitamin B6: 0.29mg (14.54%), Folate: 57.44µg (14.36%), Calcium: 113.63mg (11.36%), Potassium: 395.77mg (11.31%), Vitamin B3: 2.08mg (10.41%), Vitamin B5: 0.81mg (8.06%), Vitamin K: 3.69µg (3.52%)