



Nutty Granola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



9

CALORIES



301 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup almonds unsalted chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup maple syrup
- ☐ 3 cups old-fashioned oats
- ☐ 0.5 cup pecans unsalted chopped
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup walnuts raw unsalted chopped

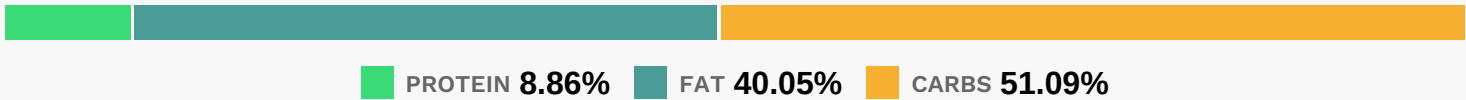
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 300 degrees F. Spray a large baking sheet with cooking spray.
- ☐ In a medium bowl combine the oats, nuts, maple syrup, salt, cinnamon and the raisins, if using.
- ☐ Spread the mixture onto the baking sheet and bake until golden brown, stirring occasionally, about 30 minutes.
- ☐ Transfer the sheet to a cooling rack and let cool completely. Store in the refrigerator in an airtight container.

Nutrition Facts



Properties

Glycemic Index:20.03, Glycemic Load:14.21, Inflammation Score:-4, Nutrition Score:13.229999942624%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 301.23kcal (15.06%), Fat: 13.97g (21.49%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 40.09g (13.36%), Net Carbohydrates: 34.82g (12.66%), Sugar: 11.72g (13.02%), Cholesterol: 0mg (0%), Sodium: 70.3mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Manganese: 2.07mg (103.74%), Vitamin B2: 0.39mg (23.01%), Fiber: 5.26g (21.05%), Magnesium: 81.88mg (20.47%), Phosphorus: 192.83mg (19.28%), Copper: 0.38mg (19.07%), Vitamin E: 2.27mg (15.14%), Vitamin B1: 0.22mg (14.66%), Selenium: 8.71µg (12.45%), Zinc: 1.82mg (12.15%), Iron: 2.01mg (11.14%), Potassium: 314.25mg (8.98%), Calcium: 68mg (6.8%), Folate: 19.97µg (4.99%), Vitamin B6: 0.1mg (4.98%), Vitamin B5: 0.43mg (4.28%), Vitamin B3: 0.83mg (4.16%)