



Nutty Granola II

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



693 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup almonds sliced
- 0.5 cup canola oil
- 0.5 cup cherries dried
- 1.5 cups golden raisins
- 0.7 cup honey
- 0.8 cup pecans chopped
- 1 cup raisins
- 6 cups rolled oats

0.8 cup walnuts chopped

0.3 cup water hot

Equipment

bowl

baking sheet

oven

whisk

Directions

Preheat the oven to 325 degrees F (165 degrees C).

In a medium bowl, whisk together the oil, hot water and honey. In a large bowl, stir together the oats, almonds, pecans, and walnuts.

Pour the honey mixture into the oat mixture and stir until the oats and nuts are evenly coated.

Spread out the granola onto 2 baking sheets.

Bake for 10 minutes, stir, and bake 10 more minutes, or until toasted. Allow granola to cool completely before stirring in the raisins, golden raisins and dried cherries. Granola will harden as it cools. Break apart any large lumps, and store in an airtight container at room temperature.

Nutrition Facts



PROTEIN 7.9% **FAT 31.7%** **CARBS 60.4%**

Properties

Glycemic Index:30.97, Glycemic Load:45.7, Inflammation Score:-7, Nutrition Score:21.616521824961%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg,

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 693.24kcal (34.66%), Fat: 25.8g (39.69%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 110.6g (36.87%), Net Carbohydrates: 98.58g (35.85%), Sugar: 44.88g (49.86%), Cholesterol: 0mg (0%), Sodium: 15.13mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.46g (28.92%), Manganese: 3.39mg (169.68%), Fiber: 12.03g (48.1%), Phosphorus: 403.06mg (40.31%), Copper: 0.79mg (39.44%), Magnesium: 152.52mg (38.13%), Vitamin B1: 0.42mg (28.32%), Selenium: 19.38µg (27.68%), Iron: 4.68mg (26%), Zinc: 3.47mg (23.11%), Vitamin E: 3.21mg (21.37%), Potassium: 740.67mg (21.16%), Vitamin B2: 0.32mg (18.7%), Vitamin B6: 0.28mg (14.08%), Calcium: 101.02mg (10.1%), Folate: 38.18µg (9.54%), Vitamin B5: 0.94mg (9.38%), Vitamin B3: 1.78mg (8.91%), Vitamin A: 276.94IU (5.54%), Vitamin K: 4.82µg (4.59%), Vitamin C: 2.24mg (2.72%)