



Nutty Peach Granola

 Vegetarian

READY IN



8 min.

SERVINGS



8

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup peaches dried chopped
- ☐ 2 tablespoons ground flaxseed
- ☐ 1 tablespoon flaxseeds whole
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup accompaniment: lightly whipped cream salted shelled
- ☐ 0.3 cup maple syrup pure
- ☐ 1.5 cups oats
- ☐ 0.5 cup pecans raw chopped

- ☐ 2 tablespoons sunflower seeds raw shelled
- ☐ 1 tablespoon wheat germ raw

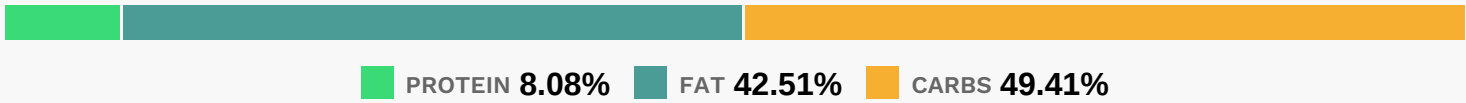
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 32
- ☐ Stir together first 7 ingredients in a large bowl.
- ☐ Add maple syrup, tossing to coat.
- ☐ Spread mixture on a large parchment paper-lined baking sheet.
- ☐ Bake 20 minutes, stirring once after 10 minutes.
- ☐ Remove baking sheet from oven, and stir in pistachios and peaches.
- ☐ Let cool completely on baking sheet. Store in an airtight container at room temperature up to 1 week.

Nutrition Facts



Properties

Glycemic Index:21.94, Glycemic Load:6.08, Inflammation Score:-4, Nutrition Score:9.7165216466655%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 202.41kcal (10.12%), Fat: 9.99g (15.38%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 21.93g (7.97%), Sugar: 11.07g (12.3%), Cholesterol: 6.85mg (2.28%), Sodium: 5.65mg (0.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Manganese: 1.35mg (67.53%), Fiber: 4.21g (16.83%), Vitamin B1: 0.22mg (14.45%), Magnesium: 56.46mg (14.11%), Phosphorus: 133.08mg (13.31%), Copper: 0.26mg (12.9%), Vitamin B2: 0.2mg (11.64%), Selenium: 7.32µg (10.45%), Iron: 1.59mg (8.82%), Zinc: 1.31mg (8.7%), Potassium: 250.37mg (7.15%), Vitamin E: 1.06mg (7.09%), Vitamin A: 294.25IU (5.89%), Vitamin B3: 1.04mg (5.2%), Vitamin B6: 0.09mg (4.6%), Calcium: 41.88mg (4.19%), Folate: 16.46µg (4.11%), Vitamin B5: 0.35mg (3.54%), Vitamin K: 2.3µg (2.19%)