



## Nutty Whole-Grain Granola



Vegetarian



Gluten Free

READY IN



38 min.

SERVINGS



20

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 2 tablespoons plus
- ☐ 0.7 cup cherries dried
- ☐ 1 large egg whites
- ☐ 0.3 cup hazelnuts
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.7 cup millet uncooked

- ☐ 2 cups oats
- ☐ 0.3 cup almonds salted whole
- ☐ 0.3 cup walnut halves

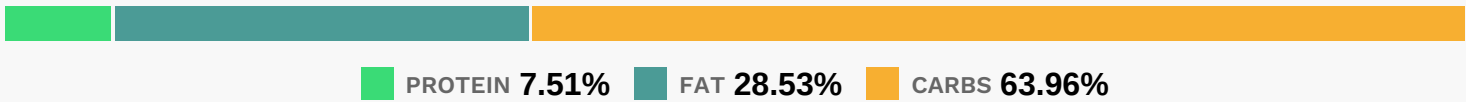
## Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

## Directions

- ☐ Preheat oven to 40
- ☐ Combine first 8 ingredients, tossing to combine.
- ☐ Combine butter, syrup, and egg white, stirring well.
- ☐ Drizzle butter mixture over oat mixture; toss well to coat.
- ☐ Spread mixture in a single layer on a baking sheet lined with parchment paper coated with cooking spray.
- ☐ Bake at 400 for 27 minutes or until golden, stirring twice.

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:5.29, Inflammation Score:-3, Nutrition Score:4.7495652501998%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 162.05kcal (8.1%), Fat: 5.28g (8.12%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 24.39g (8.87%), Sugar: 14.73g (16.36%), Cholesterol: 4.51mg (1.51%), Sodium: 109.4mg (4.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.25%), Manganese: 0.59mg (29.7%), Fiber: 2.23g (8.93%), Copper: 0.15mg (7.74%), Magnesium: 29.61mg (7.4%), Phosphorus: 71.44mg (7.14%), Vitamin B1: 0.09mg (5.68%), Vitamin E: 0.78mg (5.19%), Iron: 0.87mg (4.84%), Selenium: 3.2µg (4.58%), Vitamin A: 196.52IU (3.93%), Vitamin B2: 0.06mg (3.77%), Zinc: 0.56mg (3.74%), Folate: 12.41µg (3.1%), Vitamin B6: 0.06mg (2.86%), Calcium: 26.43mg (2.64%), Vitamin B3: 0.53mg (2.64%), Potassium: 89.97mg (2.57%), Vitamin B5: 0.2mg (1.98%)