



Oven Roasted Maple Gorp



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



654 kcal

SIDE DISH

Ingredients

- ☐ 2 cups natural almonds whole
- ☐ 1 cup chocolate and candy coated peanuts recommended: Peanut M&Ms
- ☐ 1 cinnamon sticks
- ☐ 0.5 cup golden raisins
- ☐ 1 cup hazelnuts peeled
- ☐ 0.8 cup maple syrup
- ☐ 1 cup oats
- ☐ 0.5 cup sunflower seeds shelled

- ☐ 0.5 cup cranberries dried sweetened recommended: Craisins brand
- ☐ 1 vanilla pod split

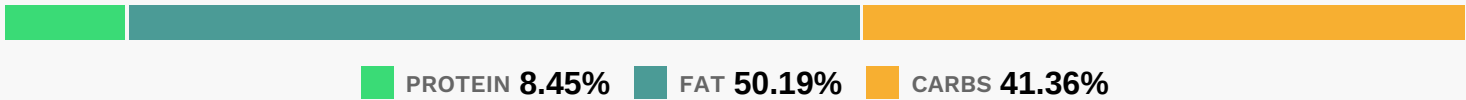
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ stove

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 375 degrees F.
- ☐ Place maple syrup on the stove with cinnamon and vanilla over medium low heat to infuse the flavor. Warm syrup a couple of minutes, remove.
- ☐ Combine oats, hazelnuts, almonds, raisins, cranberries and seeds in a bowl. Toss with maple syrup and remove the cinnamon stick and vanilla bean.
- ☐ Spread the maple coated mixture out on a cookie sheet and roast 15 minutes.
- ☐ Remove the nuts from oven and transfer to another cold pan, tossing the mix to quick-cool it. Once cool, toss with peanut candy and eat or pack up for a hike!

Nutrition Facts



Properties

Glycemic Index:22.9, Glycemic Load:14.32, Inflammation Score:-7, Nutrition Score:24.673478199088%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate:

0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg
Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin:
0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin:
0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol:
0.39mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.69mg, Quercetin:
0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 653.79kcal (32.69%), Fat: 38.23g (58.81%), Saturated Fat: 6.3g (39.35%), Carbohydrates: 70.88g
(23.63%), Net Carbohydrates: 61.51g (22.37%), Sugar: 47.75g (53.05%), Cholesterol: 3.9mg (1.3%), Sodium: 23.63mg
(1.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.49g (28.98%), Manganese: 3.09mg (154.65%),
Vitamin E: 14.57mg (97.13%), Vitamin B2: 0.87mg (51.35%), Magnesium: 172.26mg (43.06%), Copper: 0.86mg
(42.79%), Fiber: 9.37g (37.46%), Phosphorus: 323.59mg (32.36%), Vitamin B1: 0.36mg (24.14%), Calcium: 198mg
(19.8%), Iron: 3.48mg (19.35%), Potassium: 595.88mg (17.03%), Zinc: 2.53mg (16.84%), Vitamin B6: 0.29mg (14.45%),
Folate: 55.23µg (13.81%), Selenium: 9.32µg (13.31%), Vitamin B3: 2.55mg (12.76%), Vitamin B5: 0.54mg (5.44%),
Vitamin K: 3.36µg (3.2%), Vitamin C: 1.54mg (1.87%), Vitamin A: 67.08IU (1.34%)