



Pecan-Coconut Granola

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



514 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 0.5 cup canola oil
- ☐ 1 teaspoon ground cinnamon
- ☐ 12 ounce matzo farfel
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 cup raisins chopped
- ☐ 0.5 cup coconut or sweetened flaked

☐ 0.5 cup water

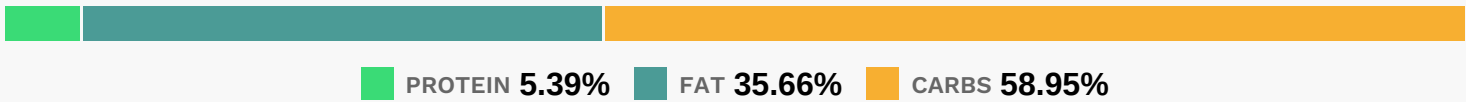
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cook first 4 ingredients over medium heat in a large saucepan, stirring constantly, until butter melts. Stir in pecans, coconut, and cinnamon.
- ☐ Add matzo farfel; toss well to coat.
- ☐ Spread in a lightly greased, aluminum foil-lined 15- x 10-inch jellyroll pan.
- ☐ Bake at 350 for 35 minutes or until golden brown, stirring occasionally.
- ☐ Remove from oven. Stir in raisins, and cool completely.
- ☐ * Matzo farfel is coarsely crumbled matzo. If this recipe is not served for Passover, 1 to 1 1/2 cups uncooked regular oats may be substituted.

Nutrition Facts



Properties

Glycemic Index:12.3, Glycemic Load:3.44, Inflammation Score:-4, Nutrition Score:9.8591305419155%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 514.37kcal (25.72%), Fat: 20.71g (31.86%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 77.05g (25.68%), Net Carbohydrates: 73.05g (26.56%), Sugar: 20.92g (23.25%), Cholesterol: 0mg (0%), Sodium: 117.79mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Manganese: 0.94mg (46.83%), Selenium: 22.69µg (32.41%), Vitamin B1: 0.29mg (19.37%), Fiber: 4g (16%), Iron: 2.49mg (13.86%), Vitamin B3: 2.48mg (12.39%), Vitamin B2: 0.2mg (11.54%), Copper: 0.2mg (10.06%), Phosphorus: 91.87mg (9.19%), Magnesium: 33.53mg (8.38%), Vitamin E: 1.12mg (7.44%), Vitamin A: 344.39IU (6.89%), Potassium: 222.57mg (6.36%), Zinc: 0.88mg (5.84%), Vitamin B6: 0.11mg (5.52%), Calcium: 38.75mg (3.87%), Vitamin B5: 0.38mg (3.76%), Vitamin K: 3.25µg (3.1%), Folate: 12.39µg (3.1%)