



Quick Omega-3 Granola



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



743 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup reese's pieces peanut butter pastel eggs pitted coarsely chopped
- ☐ 0.5 teaspoon kosher salt (scant)
- ☐ 0.8 cup t brown sugar dark packed ()
- ☐ 0.3 cup egg whites
- ☐ 0.5 cup ground flaxseed
- ☐ 0.3 cup honey
- ☐ 3 cups oats organic
- ☐ 1 cup walnut halves

☐ 4 tablespoons walnut oil divided

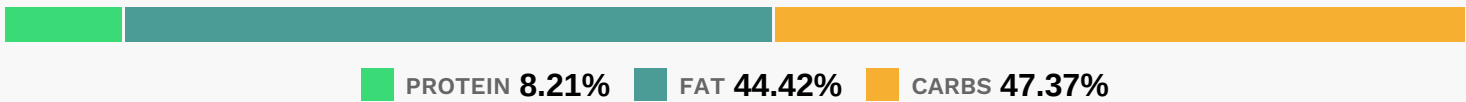
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Preheat oven to 350°F.
- ☐ Brush heavy large rimmed baking sheet with 2 tablespoons oil.
- ☐ Whisk 2 tablespoons oil, sugar, egg whites, and salt in large bowl.
- ☐ Add oats, walnuts, and flaxseed; toss well.
- ☐ Spread mixture evenly on prepared sheet.
- ☐ Bake 15 minutes. Using metal spatula, stir granola.
- ☐ Bake 15 minutes longer. Stir again.
- ☐ Sprinkle dates over; drizzle with honey.
- ☐ Bake until golden brown, about 10 minutes longer. Stir to loosen.
- ☐ Transfer to clean baking sheet to cool completely. DO AHEAD: Can be made 1 week ahead. Keep chilled in airtight container.
- ☐ * Ground flaxseeds; available at natural foods stores.

Nutrition Facts



Properties

Glycemic Index:32.71, Glycemic Load:25.02, Inflammation Score:-6, Nutrition Score:20.281738958281%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg

Nutrients (% of daily need)

Calories: 743.32kcal (37.17%), Fat: 38.11g (58.62%), Saturated Fat: 8.12g (50.76%), Carbohydrates: 91.43g (30.48%), Net Carbohydrates: 81.42g (29.61%), Sugar: 56.13g (62.37%), Cholesterol: 0mg (0%), Sodium: 286.47mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.7%), Manganese: 2.84mg (142.17%), Magnesium: 170.47mg (42.62%), Fiber: 10.01g (40.04%), Copper: 0.78mg (39.01%), Phosphorus: 387.33mg (38.73%), Vitamin B1: 0.53mg (35.23%), Selenium: 18.78µg (26.83%), Zinc: 3.06mg (20.4%), Iron: 3.47mg (19.29%), Folate: 61.88µg (15.47%), Vitamin B3: 3.04mg (15.2%), Potassium: 514.1mg (14.69%), Vitamin B2: 0.23mg (13.66%), Vitamin B6: 0.26mg (12.9%), Calcium: 120.31mg (12.03%), Vitamin B5: 0.95mg (9.53%), Vitamin K: 5.16µg (4.91%), Vitamin E: 0.7mg (4.64%)