



## Savory Granola



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 teaspoons olive oil extra virgin
- ☐ 1 tablespoon flat parsley fresh assorted chopped (such as flat-leaf parsley, basil, mint, and dill weed)
- ☐ 0.3 teaspoon lemon zest loosely packed
- ☐ 0.5 cup sesame seed crushed
- ☐ 0.1 teaspoon salt

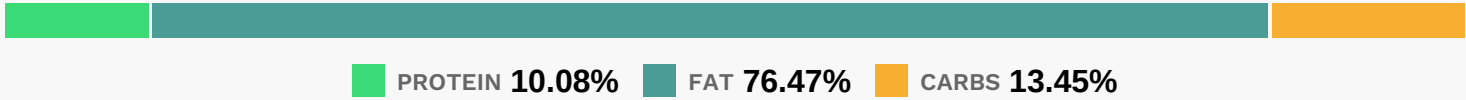
## Equipment

- ☐ bowl

# Directions

☐ Stir together sesame crackers, chopped fresh herbs, olive oil, lemon zest, and salt in a medium bowl.

# Nutrition Facts



# Properties

Glycemic Index:13.4, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:7.1926087238218%

# Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

# Nutrients (% of daily need)

Calories: 100.43kcal (5.02%), Fat: 9.06g (13.93%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 60.27mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Copper: 0.61mg (30.68%), Manganese: 0.37mg (18.52%), Calcium: 147.54mg (14.75%), Vitamin K: 14.08µg (13.41%), Magnesium: 53.07mg (13.27%), Iron: 2.24mg (12.46%), Phosphorus: 94.83mg (9.48%), Vitamin B1: 0.12mg (7.96%), Zinc: 1.17mg (7.81%), Selenium: 5.16µg (7.37%), Fiber: 1.81g (7.23%), Vitamin B6: 0.12mg (5.97%), Folate: 15.78µg (3.94%), Vitamin B3: 0.69mg (3.44%), Vitamin B2: 0.04mg (2.23%), Potassium: 74.82mg (2.14%), Vitamin E: 0.27mg (1.83%), Vitamin C: 1.19mg (1.45%), Vitamin A: 68.79IU (1.38%)