



77%
HEALTH SCORE

Savory Pumpkin Seed and Rye Granola

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



764 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon brown mustard seeds
- 1 large egg whites
- 0.8 teaspoon kosher salt
- 0.5 ounce parmesan cheese grated
- 0.5 cup pumpkin seeds hulled
- 3 cups rye flakes
- 0.3 cup vegetable oil

1.5 teaspoons worcestershire sauce

Equipment

bowl

frying pan

baking sheet

oven

whisk

wire rack

Directions

Heat the oven to 300°F and arrange a rack in the middle.

Place the rye flakes, pumpkin seeds, Parmesan, mustard seeds, salt, and pepper in a large bowl and stir to combine; set aside.

Place the egg white, oil, and Worcestershire in a small bowl and whisk until foamy and thoroughly combined.

Drizzle over the rye mixture and mix until the rye is thoroughly coated.

Spread the mixture in a thin, even layer on a rimmed baking sheet.

Bake until golden brown, about 25 minutes.

Remove the pan from the oven, place it on a wire rack, and cool the granola completely. (It will crisp up as it cools.) Store in an airtight container for up to 2 weeks.

Nutrition Facts



PROTEIN 14.23% **FAT 25.68%** **CARBS 60.09%**

Properties

Glycemic Index:10.5, Glycemic Load:0.05, Inflammation Score:-9, Nutrition Score:44.373043111809%

Nutrients (% of daily need)

Calories: 763.87kcal (38.19%), Fat: 23.53g (36.2%), Saturated Fat: 3.86g (24.15%), Carbohydrates: 123.91g (41.3%),

Net Carbohydrates: 83.24g (30.27%), Sugar: 2.21g (2.45%), Cholesterol: 3.08mg (1.03%), Sodium: 543.41mg

(23.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.35g (58.7%), Manganese: 12.29mg (614.26%), Fiber: 40.67g (162.7%), Selenium: 95.2µg (135.99%), Phosphorus: 1249.46mg (124.95%), Magnesium: 491.93mg (122.98%), Zinc: 10.75mg (71.7%), Iron: 12.27mg (68.16%), Copper: 1.36mg (68.13%), Vitamin B3: 10.21mg (51.05%), Potassium: 1403.45mg (40.1%), Vitamin B1: 0.56mg (37.41%), Vitamin B6: 0.73mg (36.34%), Vitamin B2: 0.6mg (35.14%), Vitamin K: 36.42µg (34.69%), Vitamin B5: 2.75mg (27.55%), Vitamin E: 3.82mg (25.46%), Calcium: 139.51mg (13.95%), Folate: 32.81µg (8.2%), Vitamin A: 54.07IU (1.08%)