



Toasted-Coconut Granola

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



7

CALORIES



817 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups rolled oats
- 1 cup pumpkin seeds raw hulled
- 1 cup sunflower seeds raw hulled
- 1 cup coconut flakes
- 1 cup coconut flakes
- 1.3 cup pecans raw coarsely chopped
- 0.8 cup maple syrup pure
- 0.5 cup olive oil extra virgin extra-virgin

- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 1 serving coarse salt

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 300 degrees.
- Place oats, pumpkin seeds, sunflower seeds, coconut, pecans, syrup, olive oil, sugar, and 1 teaspoon salt in a large bowl and mix until well combined.
- Spread granola mixture in an even layer on a rimmed baking sheet.
- Transfer to oven and bake, stirring every 10 minutes, until granola is toasted, about 45 minutes.
- Remove granola from oven and season with salt.
- Let cool completely before serving or storing in an airtight container for up to 1 month.
- Chelsea Cavanaugh

Nutrition Facts



PROTEIN 6.87% **FAT 50.69%** **CARBS 42.44%**

Properties

Glycemic Index:16.64, Glycemic Load:17.05, Inflammation Score:-7, Nutrition Score:27.087391165288%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 816.9kcal (40.85%), Fat: 48.09g (73.98%), Saturated Fat: 17.44g (109.03%), Carbohydrates: 90.61g (30.2%), Net Carbohydrates: 79.25g (28.82%), Sugar: 54.62g (60.69%), Cholesterol: 0mg (0%), Sodium: 53.08mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Manganese: 4.33mg (216.29%), Magnesium: 217.62mg (54.4%), Vitamin E: 7.88mg (52.51%), Copper: 1.02mg (51.17%), Phosphorus: 481.8mg (48.18%), Fiber: 11.36g (45.44%), Vitamin B1: 0.62mg (41.48%), Selenium: 26.59µg (37.98%), Vitamin B2: 0.62mg (36.54%), Zinc: 4.48mg (29.84%), Iron: 4.82mg (26.78%), Vitamin B6: 0.43mg (21.41%), Potassium: 647.04mg (18.49%), Folate: 66.27µg (16.57%), Vitamin B3: 2.86mg (14.28%), Calcium: 119.63mg (11.96%), Vitamin B5: 1.06mg (10.62%), Vitamin K: 3.91µg (3.73%), Vitamin C: 1mg (1.21%)