



Tropical Spelt Granola

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



706 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup honey
- 0.3 teaspoon kosher salt
- 0.5 cup mangos dried
- 3 cups farro
- 0.7 cup coconut sweetened flaked
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

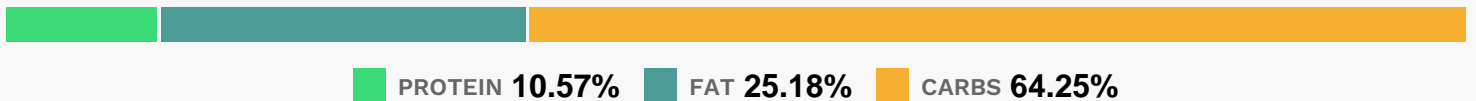
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat the oven to 300°F and arrange a rack in the middle.
- Place the spelt, coconut, and salt in a large bowl and stir to combine; set aside.
- Place the honey, oil, and vanilla in a small bowl and stir to combine.
- Drizzle over the spelt mixture and mix until the spelt is thoroughly coated and there are no clumps.
- Spread the mixture in a thin, even layer on a rimmed baking sheet.
- Bake until golden brown, about 20 to 25 minutes.
- Transfer the granola to a large heatproof bowl.
- Add the mango and papaya or pineapple and stir to combine.
- Let the granola cool for 20 minutes. Using your hands, break the granola into small clumps, then let it cool completely. (It will crisp up as it cools.) Store in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:42.26, Glycemic Load:61, Inflammation Score:-7, Nutrition Score:26.373478454092%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 705.8kcal (35.29%), Fat: 20.84g (32.06%), Saturated Fat: 6.37g (39.79%), Carbohydrates: 119.61g (39.87%), Net Carbohydrates: 103.88g (37.77%), Sugar: 34.46g (38.29%), Cholesterol: 0mg (0%), Sodium: 197.3mg (8.58%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 19.69g (39.38%), Manganese: 4.06mg

(203.06%), Fiber: 15.74g (62.95%), Phosphorus: 541.27mg (54.13%), Magnesium: 187.32mg (46.83%), Vitamin B3: 9.2mg (45.98%), Copper: 0.74mg (37%), Iron: 6.14mg (34.08%), Vitamin B1: 0.48mg (32.2%), Zinc: 4.45mg (29.65%), Vitamin K: 30.62µg (29.16%), Selenium: 17.84µg (25.49%), Potassium: 604.66mg (17.28%), Folate: 68.44µg (17.11%), Vitamin B6: 0.33mg (16.71%), Vitamin E: 2.33mg (15.54%), Vitamin B5: 1.47mg (14.69%), Vitamin B2: 0.17mg (9.79%), Vitamin C: 7.61mg (9.23%), Vitamin A: 236.21IU (4.72%), Calcium: 40.53mg (4.05%)