



Viceroy Hotel Granola



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



632 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup walnuts and almonds roughly chopped
- ☐ 2 tablespoons brown sugar packed (tightly)
- ☐ 0.3 cup coconut oil (I used the cheap kind this time, not extra virgin)
- ☐ 0.3 cup maple syrup
- ☐ 2 cups minus 2 tablespoons oats
- ☐ 0.5 cup lightly peanuts salted chopped
- ☐ 1 pinch salt
- ☐ 0.5 cup coconut or shredded unsweetened

☐ 0.5 teaspoon vanilla extract

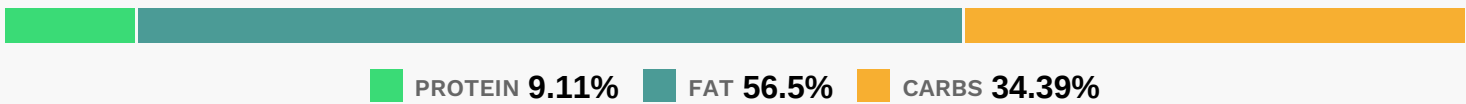
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Combine oats, peanuts, nuts, coconut, brown sugar, and salt.
- ☐ Mix the maple syrup and coconut oil in a microwave–safe cup and microwave for about 30 seconds or until coconut oil is melted.
- ☐ Add the vanilla and pour over the dry ingredients.
- ☐ Spread it all on a large, nonstick foil lined baking sheet and bake at 250F for about an hour. For a lighter colored granola, cover loosely with foil for the first 45 minutes, then remove foil and bake uncovered for the last 15 to 20. Granola will crisp as it cools.
- ☐ Let cool, leave in large chunks in airtight container.
- ☐ Mix with dry fruit before serving (I didn't)

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:14.48, Inflammation Score:-6, Nutrition Score:19.958261109565%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 631.61kcal (31.58%), Fat: 41.52g (63.87%), Saturated Fat: 20.4g (127.5%), Carbohydrates: 56.86g (18.95%), Net Carbohydrates: 47.02g (17.1%), Sugar: 19.98g (22.2%), Cholesterol: 0mg (0%), Sodium: 99.16mg (4.31%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 15.06g (30.12%), Manganese: 3.1mg (154.84%), Fiber: 9.85g (39.39%), Magnesium: 150.16mg (37.54%), Phosphorus: 347.04mg (34.7%), Vitamin B2: 0.55mg (32.34%), Vitamin E: 4.81mg (32.08%), Copper: 0.56mg (27.95%), Selenium: 16.04µg (22.91%), Vitamin B1: 0.3mg (20.09%), Vitamin B3: 3.92mg (19.61%), Zinc: 2.78mg (18.52%), Iron: 3.26mg (18.11%), Potassium: 536.53mg (15.33%), Calcium: 117.55mg (11.76%), Folate: 44.94µg (11.23%), Vitamin B5: 0.89mg (8.93%), Vitamin B6: 0.15mg (7.46%)