

Crunchy Cranberry Pecan Granola Bowl

Recipe group Breakfast, American	Additional name Breakfast Recipes	Diet factors VG, SF	Portions 12	Portion size 2.33 oz
-------------------------------------	--------------------------------------	------------------------	----------------	-------------------------

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	4 cup	0 lb 12.00 oz	0%	0 lb 12.00 oz	Oats, Rolled, dry	For Granola: In a large mixing bowl, combine all ingredients in step 1.
	1 cup	0 lb 4.20 oz	0%	0 lb 4.20 oz	Nuts, Pecans, chopped	
	1/2 cup	0 lb 1.25 oz	0%	0 lb 1.25 oz	Coconut, unsweetened, shredded	
	1/4 cup	0 lb 1.25 oz	0%	0 lb 1.25 oz	Sunflower Seeds, raw	
	1/4 cup	0 lb 1.16 oz	0%	0 lb 1.16 oz	Pumpkin Seeds, raw, shelled	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Cinnamon, ground	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	



Ingredients in bowl



Ingredients, combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	Add all ingredients in step 2 to the granola mix and toss to combine until granola mixture is well coated.
	1/4 cup	0 lb 2.76 oz	0%	0 lb 2.76 oz	Syrup, Maple	



Oil & maple syrup added to bowl



Oil & maple syrup tossed with granola

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3				Preheat oven to 350°F. On a parchment-lined baking sheet, pour the granola in an even layer. Bake for 25-30 minutes or until granola is toasted and golden brown. Be sure to remove granola and toss halfway for even baking. Remove granola from oven and allow to cool completely.

3



Granola on sheet pan



Granola flipped halfway



Granola baked

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4	1/2 cup	0 lb 2.50 oz	0% 0 lb 2.50 oz Cranberries, dried <i>50% less sugar</i>	Transfer granola to a large mixing bowl and add all ingredients in step 4. Toss to combine. Granola can be stored in a sealed container for up to 2 weeks at room temperature.
	2 tbsp	0 lb 0.85 oz	0% 0 lb 0.85 oz Chia Seeds, whole	



Granola transferred to bowl



Chia seeds & cranberries added to bowl



Granola tossed

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5				For service: In a bowl, place 1/2 cup of granola, top with fruits & nuts of choice and choice of plant milk. Serve immediately.

5



Final- Crunchy Cranberry Pecan Granola Bowl

RECIPE IMAGES



Crunchy Cranberry Pecan Granola Bowl

ALLERGENS

-

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	1 lb 11.98 oz	0 %	1 lb 11.98 oz	0 %	1 lb 11.98 oz
Size of portion	2.33 oz		2.33 oz		2.33 oz

ADDITIONAL INFO

-

MEMO

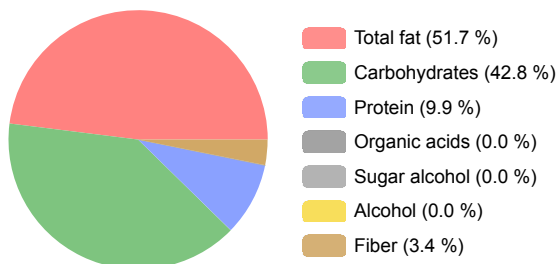
-

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			Vitamins		
		RDI	% of energy								RDI
Total fat	18.23 g	23 %	51.72 %	311.75 kcal	16 %	Salt	0.15 g		Vitamin A	0.55 µg	0 %
Saturated	2.67 g	13 %	7.56 %	1,304.37 kJ		Salt	0.22 %		Vitamin D	0.00 µg	0 %
Monounsaturated	8.64 g		24.51 %			Sodium	57.61 mg	3 %	Thiamine	0.35 mg	29 %
Polyunsaturated	5.90 g		16.73 %			Phosphorus	250.65 mg	20 %	Riboflavin	0.07 mg	5 %
Trans fatty acids	0.02 g		0.06 %			Potassium	225.37 mg	5 %	Niacin	1.00 mg	6 %
Cholesterol	0.00 mg	0 %				Iron	2.23 mg	12 %	Vitamin B6	0.11 mg	6 %
Linolenic acid	4.99 g		14.14 %			Calcium	40.75 mg	3 %	Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	775.58 mg		2.20 %			Zinc	2.11 mg	19 %	Folate	0.00 µg	0 %
Total Carbohydrate	32.80 g	12 %	42.75 %			Magnesium	96.64 mg	23 %	Vitamin C	0.27 mg	0 %
Sugars total	8.81 g	18 %				Iodine	0.00 µg	0 %	Vitamin E	2.18 mg	15 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	3.86 µg	7 %	Vitamin K	4.27 µg	4 %
Lactose	0.00 g					Copper	0.42 mg	47 %	Others		
Fiber	5.56 g	20 %	3.41 %						Water	6.36 g	
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	0.09 g		0.11 %								
Protein	7.57 g	15 %	9.87 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.20 kg
Main courses	0.28 kg
Desserts	0.13 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.