



825610 - Granola, Plain

Source: K12 Culinary

Number of Portions: 35

Size of Portion: 3/8 cup

Alternate Recipe Name: Crunchy Granola Topping

Components:

Meat/Alt:

Grains: 1 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
826508 Olive Oil Blend 90/10, Colavita L116..... 019296 HONEY..... 019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND.....	1 1/4 cups 3/4 cup 3/4 CUP (packed) 3 Tbsp + 1 tsp	Preheat oven to 300° F. Combine oil, honey, brown sugar, and cinnamon in a large bowl or container. Using a whisk, mix until combined.
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO...	2 lbs + 10 ozs	Weigh oats and add to sugar and oil mixture. Using freshly gloved hands, thoroughly work the mixture into the oats to ensure even coating. Spray full size sheet pans generously with food release spray. Spread oat mixture in a very thin single layer on prepared pans. Bake at 300° F for 20-25 minutes or until granola turns golden brown. Watch carefully to avoid scorching! Granola will continue to crisp once removed from the oven.
		Once completely cool, transfer to airtight container. Store at room temperature for up to three weeks. Serve 3/8 cup. using no. 10 disher to portion 1.75 oz providing 1 oz eq grain according to menu requirements.

*Nutrients are based upon 1 Portion Size (3/8 cup)

Calories	243 kcal	Cholesterol	0 mg	Sugars	*10.6* g	Calcium	29.65 mg	37.68%	Calories from Total Fat
Total Fat	10.18 g	Sodium	3 mg	Protein	5.57 g	Iron	1.57 mg	3.54%	Calories from Saturated Fat
Saturated Fat	0.96 g	Carbohydrates	31.76 g	Vitamin A	2.2 IU	Water ¹	*1.38* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.81 g	Vitamin C	0.1 mg	Ash ¹	*0.06* g	52.27%	Calories from Carbohydrates
								9.16%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.