



All-American Granola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups almonds sliced
- ☐ 0.5 cup cherries dried coarsely chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup maple syrup pure
- ☐ 3 cups old-fashioned rolled oats uncooked
- ☐ 0.3 teaspoon salt

Equipment

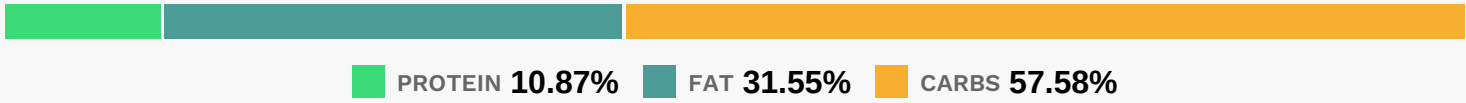
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 30
- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Drizzle syrup over oat mixture, stirring to coat completely.
- ☐ Spread mixture on a baking sheet coated with cooking spray.
- ☐ Bake at 300 for 35 minutes or until golden and crisp, stirring every 10 minutes.
- ☐ Transfer to a wire rack, and cool completely in pan. Store in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:8.08, Inflammation Score:-4, Nutrition Score:9.5891302733318%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 195.9kcal (9.8%), Fat: 7.06g (10.86%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 24.99g (9.09%), Sugar: 11.36g (12.62%), Cholesterol: 0mg (0%), Sodium: 51.8mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.95%), Manganese: 1.32mg (66.09%), Vitamin E: 3.03mg (20.21%), Vitamin B2: 0.33mg (19.58%), Fiber: 4g (16.02%), Magnesium: 61.89mg (15.47%), Phosphorus: 138.48mg

(13.85%), Copper: 0.2mg (9.9%), Selenium: 6.33µg (9.05%), Vitamin B1: 0.13mg (8.38%), Zinc: 1.19mg (7.95%), Iron: 1.39mg (7.73%), Calcium: 61.51mg (6.15%), Potassium: 188.23mg (5.38%), Vitamin A: 179.65IU (3.59%), Vitamin B3: 0.66mg (3.28%), Folate: 11.55µg (2.89%), Vitamin B5: 0.28mg (2.81%), Vitamin B6: 0.04mg (1.81%)