



## Almond Crunch Granola

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 teaspoon cinnamon
- 1 cup coconut or flaked
- 0.5 cup honey
- 2.5 cups rolled oats
- 1 cup slivered almonds toasted
- 0.3 cup vegetable oil

### Equipment

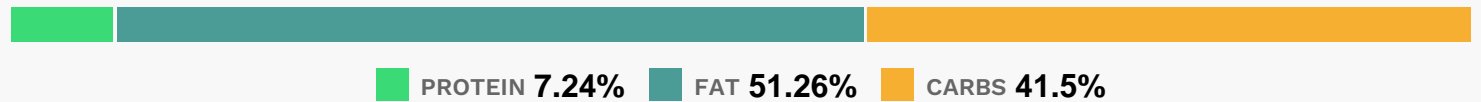
- oven

- spatula
- glass baking pan

## Directions

- Combine toasted almonds with oats, coconut and cinnamon. Blend honey with oil and drizzle over almond-oat mixture, tossing to mix well.
- Bake in oven at 350 degrees, 30 minutes, stirring occasionally.
- Remove from oven; loosen with spatula; cool.
- Combine as above in glass baking dish. Cook on high 8 minutes, stirring every two minutes; cool.

## Nutrition Facts



## Properties

Glycemic Index:8.94, Glycemic Load:10.04, Inflammation Score:-3, Nutrition Score:8.3543478293425%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 246.28kcal (12.31%), Fat: 14.71g (22.63%), Saturated Fat: 5.28g (32.97%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 22.71g (8.26%), Sugar: 12.68g (14.09%), Cholesterol: 0mg (0%), Sodium: 4.3mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Manganese: 1.05mg (52.32%), Vitamin E: 2.78mg (18.54%), Fiber: 4.08g (16.32%), Magnesium: 54.34mg (13.59%), Phosphorus: 127.78mg (12.78%), Copper: 0.22mg (11.03%), Selenium: 6.68µg (9.54%), Vitamin K: 8.75µg (8.33%), Vitamin B2: 0.14mg (8.31%), Iron: 1.36mg (7.54%), Zinc: 1.07mg (7.14%), Vitamin B1: 0.1mg (6.7%), Potassium: 173.46mg (4.96%), Calcium: 36.94mg (3.69%), Vitamin B5: 0.3mg (2.98%), Vitamin B3: 0.58mg (2.88%), Vitamin B6: 0.05mg (2.7%), Folate: 10.29µg (2.57%)