



Apple-Cinnamon Granola

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup apples dried chopped
- ☐ 0.3 cup apple sauce
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon ground cardamom
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup honey
- ☐ 1 cup whole-grain oat cereal toasted such as Cheerios

- ☐ 0.3 cup oat bran
- ☐ 3 cups regular oats
- ☐ 0.3 cup walnuts finely chopped

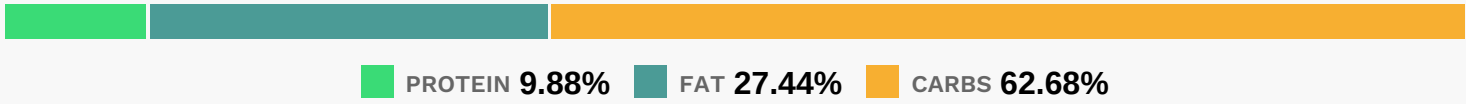
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 25
- ☐ Combine first 6 ingredients in a large bowl, stirring well to combine.
- ☐ Melt 2 tablespoons butter in a medium saucepan over medium heat.
- ☐ Add 1/3 cup applesauce, honey, and brown sugar to pan, and bring to a boil. Cook for 1 minute, stirring frequently.
- ☐ Pour applesauce mixture over oat mixture, stirring to coat.
- ☐ Spread mixture in an even layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 250 for 1 1/2 hours, stirring every 30 minutes. Allow to cool completely. Stir in chopped apple.
- ☐ Note: Store granola in an airtight container up to one week.

Nutrition Facts



Properties

Glycemic Index:21.56, Glycemic Load:9.06, Inflammation Score:-3, Nutrition Score:7.4191304629912%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin:

0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 173.65kcal (8.68%), Fat: 5.62g (8.64%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 28.87g (9.62%), Net Carbohydrates: 25.4g (9.23%), Sugar: 10.69g (11.88%), Cholesterol: 5.02mg (1.67%), Sodium: 29.54mg (1.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Manganese: 1.12mg (55.83%), Fiber: 3.48g (13.9%), Vitamin B1: 0.19mg (12.88%), Phosphorus: 121.51mg (12.15%), Selenium: 7.66µg (10.94%), Magnesium: 42.33mg (10.58%), Iron: 1.49mg (8.29%), Copper: 0.15mg (7.69%), Zinc: 0.98mg (6.5%), Vitamin B2: 0.09mg (5.14%), Vitamin B6: 0.09mg (4.29%), Folate: 16.34µg (4.08%), Potassium: 131.53mg (3.76%), Vitamin B5: 0.32mg (3.16%), Calcium: 29.36mg (2.94%), Vitamin B3: 0.53mg (2.67%), Vitamin C: 1.48mg (1.79%), Vitamin E: 0.23mg (1.55%), Vitamin A: 67.53IU (1.35%), Vitamin K: 1.13µg (1.08%)