



Apricot-Almond Granola

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter melted
- 0.5 cup apricots dried coarsely chopped
- 0.5 cup cherries dried
- 0.3 cup golden raisins
- 0.5 cup honey
- 2.8 cups regular oats
- 0.5 cup slivered almonds
- 0.3 cup walnuts coarsely chopped

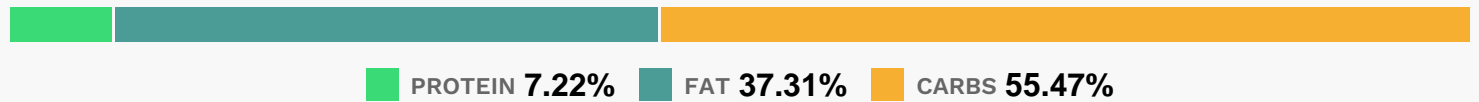
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 35
- Combine oats, almonds, and next 4 ingredients (through raisins) in a medium bowl.
- Combine honey and butter.
- Drizzle honey mixture over oat mixture; toss to coat.
- Spread mixture in a single layer onto a jelly-roll pan.
- Bake at 350 for 15 minutes; stir.
- Bake an additional 10 minutes or until lightly browned. Cool completely on pan. Break into pieces.

Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:8.78, Inflammation Score:-4, Nutrition Score:5.131739091938%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 164.77kcal (8.24%), Fat: 7.16g (11.01%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 21.47g (7.81%), Sugar: 13.3g (14.78%), Cholesterol: 9.04mg (3.01%), Sodium: 29.45mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Manganese: 0.62mg (30.82%), Fiber: 2.48g (9.91%), Phosphorus: 79.75mg (7.98%), Magnesium: 30.99mg (7.75%), Vitamin E: 1.09mg (7.28%), Vitamin A: 355.19IU (7.1%), Copper: 0.14mg (6.97%), Selenium: 4.02µg (5.75%), Iron: 0.94mg (5.22%), Vitamin B1: 0.07mg (4.77%), Zinc: 0.66mg (4.39%), Potassium: 144.21mg (4.12%), Vitamin B2: 0.07mg (4.09%), Calcium: 24.65mg (2.46%), Vitamin B6: 0.04mg (2.22%), Vitamin B3: 0.41mg (2.04%), Folate: 8.16µg (2.04%), Vitamin B5: 0.2mg (1.99%)