



Cherry, Almond and Cinnamon Granola



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



432 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups almonds sliced
- ☐ 1.5 cups cherries dried chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup honey good
- ☐ 4 cups old-fashioned rolled oats
- ☐ 2 cups coconut or shredded sweetened
- ☐ 0.5 cup vegetable oil

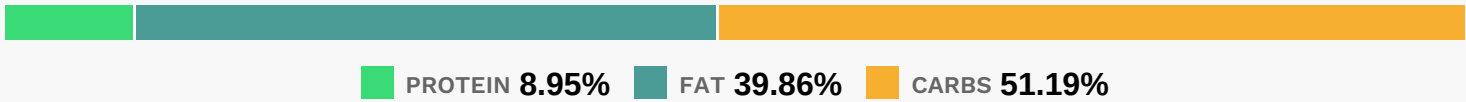
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Toss the oats, coconut, almonds, and cherries together in a large bowl.
- ☐ Pour the vegetable oil and honey over the oat mixture.
- ☐ Add the cinnamon, and stir with a wooden spoon until all the oats and nuts are coated with the liquids.
- ☐ Pour onto a sheet pan.
- ☐ Bake, stirring occasionally with a spatula, until the mixture turns a nice, even golden brown, about 25 to 30 minutes.
- ☐ Remove the granola from the oven and allow to cool, stirring occasionally. Store the cooled granola in an airtight container.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:12.5, Inflammation Score:-7, Nutrition Score:16.152608673858%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 432.06kcal (21.6%), Fat: 19.87g (30.57%), Saturated Fat: 7.06g (44.11%), Carbohydrates: 57.41g (19.14%), Net Carbohydrates: 49.08g (17.85%), Sugar: 27.59g (30.66%), Cholesterol: 0mg (0%), Sodium: 52.69mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.07%), Manganese: 2.12mg (106.11%), Vitamin E: 5.1mg (34.03%), Fiber: 8.33g (33.33%), Magnesium: 103.9mg (25.98%), Phosphorus: 241.45mg (24.14%), Selenium: 13.24µg (18.91%), Copper: 0.38mg (18.9%), Vitamin B2: 0.27mg (15.77%), Iron: 2.78mg (15.46%), Zinc: 2.11mg (14.1%), Vitamin A: 646.82IU (12.94%), Vitamin B1: 0.19mg (12.84%), Potassium: 320.54mg (9.16%), Calcium: 90.11mg (9.01%), Vitamin B5: 0.59mg (5.89%), Vitamin B3: 1.13mg (5.67%), Vitamin B6: 0.11mg (5.49%), Folate: 20.16µg (5.04%), Vitamin K: 4.84µg (4.61%)