



WHATSheATE



Chocolate Cherry Granola



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



429 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cups almonds crushed
- ☐ 6 tablespoons butter melted
- ☐ 0.3 cup cacao nibs
- ☐ 0.3 cup coconut sugar unsweetened
- ☐ 0.5 cup cherries roughly chopped dried
- ☐ 0.3 cup honey to taste
- ☐ 4 cups oats
- ☐ 0.5 cup coconut shredded unsweetened

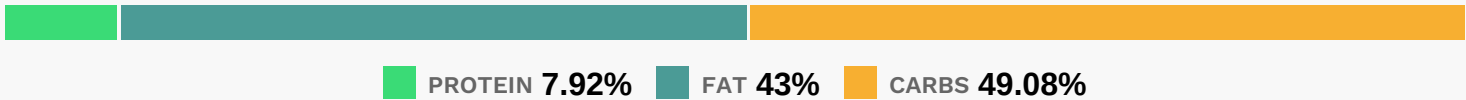
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Put the oven rack in the middle position and preheat to 300 degrees F (150 C).
- ☐ Mix all the ingredients (except the cherries) together in a bowl until the mixture is well combined and sticky. Line a sheet pan with parchment paper or a silicone mat and spread the granola out in a thin even layer.
- ☐ Bake the granola for 30–40 minutes until the granola is very fragrant. Be careful not to burn the granola as the coco powder makes it tough to tell how brown it is. If in doubt, pull the granola out early and let it cool. If it's not crisp after cooling, put it back in the oven for a little longer. Once the granola has fully cooled, add the dried cherries.

Nutrition Facts



Properties

Glycemic Index:25.78, Glycemic Load:18.63, Inflammation Score:-6, Nutrition Score:13.635217573332%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 428.58kcal (21.43%), Fat: 21.18g (32.58%), Saturated Fat: 10.74g (67.13%), Carbohydrates: 54.37g (18.12%), Net Carbohydrates: 46.99g (17.09%), Sugar: 21.13g (23.47%), Cholesterol: 22.58mg (7.53%), Sodium: 87.03mg

(3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.56%), Manganese: 1.85mg (92.33%), Fiber: 7.38g (29.53%), Magnesium: 90.51mg (22.63%), Phosphorus: 224.26mg (22.43%), Selenium: 13.38µg (19.11%), Vitamin E: 2.73mg (18.18%), Copper: 0.3mg (15.1%), Vitamin B1: 0.21mg (13.92%), Iron: 2.43mg (13.51%), Zinc: 1.91mg (12.75%), Vitamin A: 531.42IU (10.63%), Vitamin B2: 0.18mg (10.56%), Potassium: 253.7mg (7.25%), Calcium: 56.82mg (5.68%), Vitamin B5: 0.56mg (5.64%), Folate: 18.03µg (4.51%), Vitamin B3: 0.83mg (4.17%), Vitamin B6: 0.07mg (3.7%), Vitamin K: 1.56µg (1.49%)