



Chocolate-Cranberry Crunch

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



286 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 0.5 cup brown sugar light packed
- ☐ 3 cups old-fashioned rolled oats
- ☐ 0.3 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 ounces bittersweet chocolate finely chopped

- ☐ 0.5 cup cranberries dried sweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup wheat cereal squares crispy

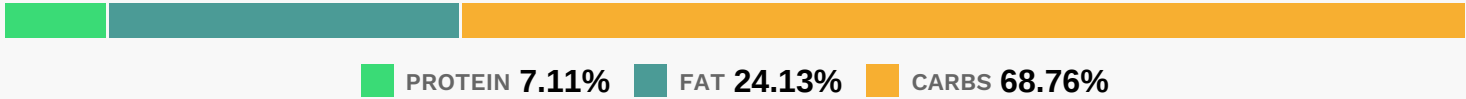
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 30
- ☐ Line a jelly-roll pan with parchment paper. Coat parchment with cooking spray.
- ☐ Combine oats and next 5 ingredients in a large bowl.
- ☐ Combine honey and canola oil in a small saucepan. Cook over low heat 2 minutes or until warm.
- ☐ Remove from heat.
- ☐ Add vanilla and chocolate, stirring with a whisk until smooth. Gently stir chocolate mixture into oat mixture.
- ☐ Spread chocolate mixture onto prepared pan.
- ☐ Bake at 300 for 28 minutes, stirring twice. Cool completely in pan on a wire rack. Stir in cranberries. Store in an airtight container for up to 1 week.
- ☐ Pour measured oats, cereal, and nuts into bowl
- ☐ Measure dried cranberries
- ☐ Measure oats, cereal, brown sugar, and pecans
- ☐ Spread chocolate-oat mixture onto pan

Nutrition Facts



Properties

Glycemic Index:8.94, Glycemic Load:7.72, Inflammation Score:-6, Nutrition Score:18.398695728053%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 285.77kcal (14.29%), Fat: 8.12g (12.49%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 52.05g (17.35%), Net Carbohydrates: 46.51g (16.91%), Sugar: 22.55g (25.06%), Cholesterol: 0.28mg (0.09%), Sodium: 214.98mg (9.35%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.06mg (1.35%), Protein: 5.38g (10.76%), Vitamin D: 16.77µg (111.83%), Manganese: 0.97mg (48.39%), Folate: 175.18µg (43.79%), Iron: 7.4mg (41.09%), Fiber: 5.54g (22.14%), Zinc: 3.23mg (21.51%), Vitamin B1: 0.27mg (18.18%), Phosphorus: 167.79mg (16.78%), Magnesium: 57.96mg (14.49%), Vitamin B2: 0.22mg (12.96%), Vitamin B6: 0.25mg (12.27%), Vitamin B3: 2.45mg (12.24%), Vitamin B12: 0.64µg (10.63%), Selenium: 6.57µg (9.38%), Copper: 0.19mg (9.25%), Calcium: 66.53mg (6.65%), Potassium: 202.93mg (5.8%), Vitamin E: 0.67mg (4.47%), Vitamin A: 213.86IU (4.28%), Vitamin C: 2.6mg (3.15%), Vitamin B5: 0.3mg (2.95%), Vitamin K: 2.91µg (2.77%)