



Cinnamon Stove Top Granola



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



498 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



0.5 cup brown sugar packed



0.3 cup butter



1 tablespoon ground cinnamon



0.3 cup honey



1 tablespoon blackstrap molasses



1.3 tablespoons olive oil



5 cups rolled oats

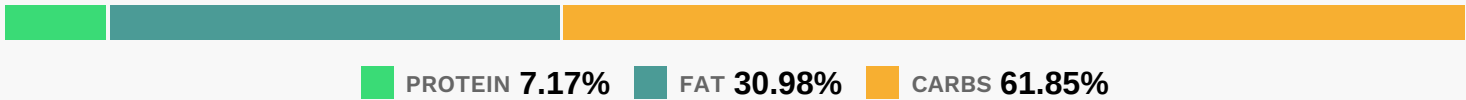
Equipment

- ☐ baking sheet
- ☐ pot

Directions

- ☐ Heat the olive oil in a large stockpot over medium heat.
- ☐ Combine the oats and cinnamon and add them to the pot. Cook and stir until lightly toasted, stirring constantly, 3 to 4 minutes.
- ☐ Pour the oats out onto a large baking sheet and add the butter to the pot. When the butter has melted, stir in the honey, molasses and brown sugar. When the mixture starts to simmer, return the oats to the pot and continue to cook and stir until coated and hot.
- ☐ Remove from the heat and stir in the almonds and cherries.
- ☐ Pour onto a large cookie sheet and allow to cool. The granola will harden as it cools. When cool, transfer to an airtight container and store at room temperature.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:22.75, Inflammation Score:-6, Nutrition Score:15.23956519754%

Nutrients (% of daily need)

Calories: 497.85kcal (24.89%), Fat: 17.57g (27.03%), Saturated Fat: 7.64g (47.75%), Carbohydrates: 78.94g (26.31%), Net Carbohydrates: 71.38g (25.96%), Sugar: 32.58g (36.19%), Cholesterol: 27.11mg (9.04%), Sodium: 92.27mg (4.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.29%), Manganese: 2.76mg (137.98%), Fiber: 7.56g (30.24%), Selenium: 20.62µg (29.46%), Phosphorus: 283.24mg (28.32%), Magnesium: 104.29mg (26.07%), Vitamin B1: 0.31mg (20.87%), Iron: 3.35mg (18.6%), Zinc: 2.54mg (16.94%), Copper: 0.3mg (14.93%), Potassium: 333.79mg (9.54%), Vitamin B5: 0.84mg (8.36%), Calcium: 74.45mg (7.44%), Vitamin E: 1.03mg (6.85%), Vitamin B2: 0.12mg (6.76%), Vitamin A: 319.08IU (6.38%), Folate: 22.55µg (5.64%), Vitamin B6: 0.1mg (5.16%), Vitamin B3: 0.85mg (4.24%), Vitamin K: 4.41µg (4.2%)