



Coconut-Cranberry Granola



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



333 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup almonds raw roughly chopped
- ☐ 1 teaspoon cinnamon
- ☐ 1 cup cranberries dried
- ☐ 2 tablespoons honey
- ☐ 0.3 cup brown sugar light packed
- ☐ 3 cups rolled oats
- ☐ 1 teaspoon salt
- ☐ 1 cup coconut or sweetened flaked

☐ 0.3 cup vegetable oil

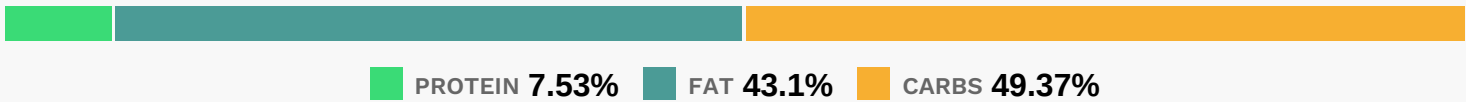
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 350F. In a bowl, mix oats, coconut and almonds. In a microwave–safe bowl, mix honey, brown sugar, oil, cinnamon and salt; microwave on high until sugar begins to dissolve, about 30seconds. Stir into oat mixture.
- ☐ Spread mixture on a rimmed baking sheet.
- ☐ Bake, stirring twice, until granola is golden brown and toasted, 20to 25minutes.
- ☐ Transfer to a bowl.
- ☐ Let cool, stirring occasionally. Toss in cranberries.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:7.54, Inflammation Score:-4, Nutrition Score:11.562174074271%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 333.42kcal (16.67%), Fat: 16.69g (25.67%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 37.17g (13.52%), Sugar: 21.58g (23.98%), Cholesterol: 0mg (0%), Sodium: 260.71mg (11.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Manganese: 1.37mg (68.29%), Vitamin E: 4.47mg (29.79%), Fiber: 5.84g (23.37%), Magnesium: 77.7mg (19.43%), Phosphorus: 178.5mg (17.85%), Copper: 0.28mg (14%), Selenium: 9.16µg (13.09%), Vitamin B2: 0.21mg (12.18%), Vitamin K: 11.49µg (10.95%), Iron: 1.82mg (10.09%), Vitamin B1: 0.14mg (9.61%), Zinc: 1.42mg (9.46%), Potassium: 239.91mg (6.85%), Calcium: 60.11mg (6.01%), Vitamin B3: 0.93mg (4.65%), Vitamin B5: 0.39mg (3.89%), Folate: 14.48µg (3.62%), Vitamin B6: 0.05mg (2.73%)