



## Cranberry Almond Gorp

 Vegetarian

READY IN



30 min.

SERVINGS



20

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 cups cranberries dried
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 tablespoon maple syrup
- ☐ 1.5 cups pretzel nuggets salted
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 1.5 cups slivered almonds
- ☐ 0.8 stick butter unsalted

- ☐ 1.5 cups trail mix
- ☐ 1.5 cups trail mix

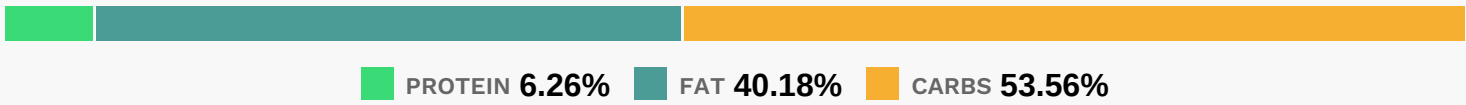
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot

## Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Melt butter, brown sugar, and maple syrup in large pot over medium heat. Stir in cinnamon and pumpkin pie spice.
- ☐ Add cranberries, almonds, and trail mix and stir to combine. Once ingredients are all combined add pretzels and stir in.
- ☐ Spread mixture on greased cookie sheet.
- ☐ Bake 20 minutes or until mixture is crunchy and lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:2.58, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:3.4260869534767%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 176.89kcal (8.84%), Fat: 8.21g (12.63%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 22.8g (8.29%), Sugar: 14.23g (15.82%), Cholesterol: 10.32mg (3.44%), Sodium: 174.15mg (7.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Vitamin E: 2.37mg (15.79%), Manganese: 0.28mg (14.25%), Fiber: 1.82g (7.27%), Vitamin B2: 0.11mg (6.43%), Magnesium: 23.36mg (5.84%), Copper: 0.09mg (4.69%), Phosphorus: 41.23mg (4.12%), Calcium: 36.47mg (3.65%), Vitamin A: 118.86IU (2.38%), Iron: 0.42mg (2.36%), Potassium: 76.17mg (2.18%), Zinc: 0.28mg (1.87%), Vitamin B3: 0.36mg (1.79%), Vitamin B1: 0.02mg (1.26%), Vitamin K: 1.08µg (1.02%)