



Cranberry-Almond Granola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup cranberry juice cocktail frozen thawed
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 cups oats
- ☐ 0.3 cup pecans
- ☐ 0.3 cup slivered almonds
- ☐ 0.3 cup coconut sweetened flaked

- ☐ 1 cup cranberries dried sweetened
- ☐ 2 tablespoons vegetable oil

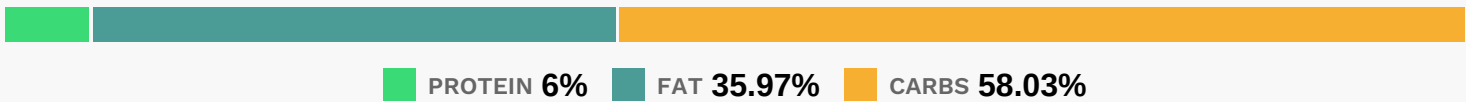
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Preheat oven to 325°F. Spray heavy large rimmed baking sheet with nonstick spray.
- ☐ Combine oats, almonds, coconut, and pecans in large bowl.
- ☐ Combine cranberry juice concentrate, brown sugar, oil, cinnamon, and allspice in medium saucepan. Bring to boil, whisking until sugar dissolves.
- ☐ Pour hot syrup over oat mixture; stir to coat evenly.
- ☐ Spread mixture out on prepared sheet.
- ☐ Bake until golden brown at edges, about 20 minutes.
- ☐ Add cranberries; using metal spatula, stir to blend.
- ☐ Bake until granola is golden and beginning to dry, stirring occasionally, about 12 minutes longer. Cool completely on baking sheet. (Store airtight at room temperature up to 1 week.)

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:11.19, Inflammation Score:-5, Nutrition Score:16.224782619787%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 531.46kcal (26.57%), Fat: 22.24g (34.21%), Saturated Fat: 4.25g (26.53%), Carbohydrates: 80.71g (26.9%), Net Carbohydrates: 72.07g (26.21%), Sugar: 46.03g (51.14%), Cholesterol: 0mg (0%), Sodium: 30.02mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.69%), Manganese: 2.31mg (115.66%), Fiber: 8.64g (34.55%), Vitamin E: 3.84mg (25.6%), Magnesium: 97.55mg (24.39%), Phosphorus: 243.41mg (24.34%), Copper: 0.4mg (20.2%), Selenium: 14.01µg (20.01%), Vitamin B1: 0.26mg (17.65%), Vitamin K: 16.27µg (15.5%), Iron: 2.7mg (15.01%), Zinc: 2.23mg (14.9%), Vitamin C: 9.19mg (11.14%), Vitamin B2: 0.19mg (10.95%), Potassium: 319.07mg (9.12%), Calcium: 77.08mg (7.71%), Vitamin B5: 0.68mg (6.8%), Vitamin B3: 1.13mg (5.67%), Folate: 19.26µg (4.82%), Vitamin B6: 0.09mg (4.63%)