



Cranberry and Orange Granola



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



520 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 0.3 cup candied orange peel sliced into long, thin strips
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup golden raisins
- ☐ 1 teaspoon grapeseed oil
- ☐ 0.5 cup maple syrup pure (preferably Grade B)
- ☐ 2 cups oats
- ☐ 1 tablespoon butter unsalted melted

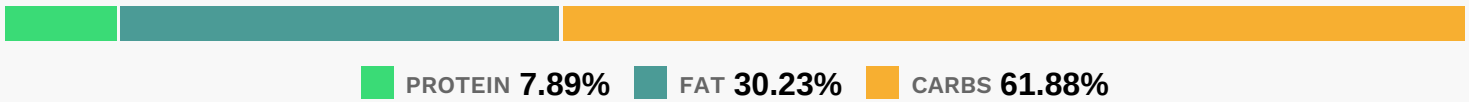
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 300°F.
- ☐ Spread oats on alarge rimmed baking sheet. Toast, stirringoccasionally, until lightly browned and fragrant,about 20 minutes.
- ☐ Transfer to a heatproofbowl; add almonds and let cool slightly. Coatsame baking sheet with nonstick spray.
- ☐ Whiskmaple syrup, butter, and hazelnut oil in asmall bowl to blend.
- ☐ Pour syrup mixture overoats; stir thoroughly to coat.
- ☐ Spread mixtureon prepared sheet.
- ☐ Bake granola, stirring occasionally, untilthe oats are light golden, about 15 minutes.Stir in the cranberries and raisins; bake for10 minutes longer.
- ☐ Remove granola from ovenand let cool slightly. Stir in the orange peel.
- ☐ Let cool completely, then break into pieces.DO AHEAD: Store airtight at room temperaturefor up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:49.29, Glycemic Load:23.33, Inflammation Score:-6, Nutrition Score:18.882173878019%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg,

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 520.38kcal (26.02%), Fat: 18.09g (27.83%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 83.35g (27.78%), Net Carbohydrates: 75.42g (27.43%), Sugar: 46.47g (51.64%), Cholesterol: 7.53mg (2.51%), Sodium: 20.39mg (0.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.24%), Manganese: 2.98mg (149.25%), Vitamin B2: 0.86mg (50.4%), Vitamin E: 6.6mg (44.02%), Magnesium: 130.54mg (32.64%), Fiber: 7.93g (31.73%), Phosphorus: 289.34mg (28.93%), Copper: 0.44mg (21.86%), Selenium: 12.88µg (18.4%), Vitamin B1: 0.26mg (17.47%), Zinc: 2.52mg (16.81%), Iron: 2.83mg (15.75%), Potassium: 485.07mg (13.86%), Calcium: 135.4mg (13.54%), Vitamin B3: 1.47mg (7.33%), Vitamin B5: 0.59mg (5.95%), Folate: 23.47µg (5.87%), Vitamin B6: 0.1mg (5.22%), Vitamin K: 1.99µg (1.89%), Vitamin A: 90.07IU (1.8%)