



## 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 rolled oats
- 1 tablespoon butter unsalted melted

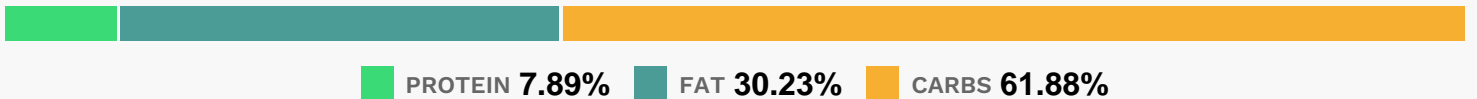
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 300°F.
- Spread oats on a large rimmed baking sheet. Toast, stirring occasionally, until lightly browned and fragrant, about 20 minutes.
- Transfer to a heatproof bowl; add almonds and let cool slightly. Coat same baking sheet with nonstick spray.
- Whisk maple syrup, butter, and hazelnut oil in a small bowl to blend.
- Pour syrup mixture over oats; stir thoroughly to coat.
- Spread mixture on prepared sheet.
- Bake granola, stirring occasionally, until the oats are light golden, about 15 minutes. Stir in the cranberries and raisins; bake for 10 minutes longer.
- Remove granola from oven and let cool slightly. Stir in the orange peel.
- Let cool completely, then break into pieces. DO AHEAD: Store airtight at room temperature for 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, 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: 0g (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%)