



Crunchy Granola with Dried Fruit



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 6 ounce tropical fruit mixed dried
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons nonfat milk dry
- ☐ 3 cups regular oats
- ☐ 0.5 cup roasted sunflower kernels
- ☐ 0.3 cup coconut or sweetened flaked

- ☐ 0.5 cup cranberries dried sweetened (such as Craisins)
- ☐ 1 cup water boiling

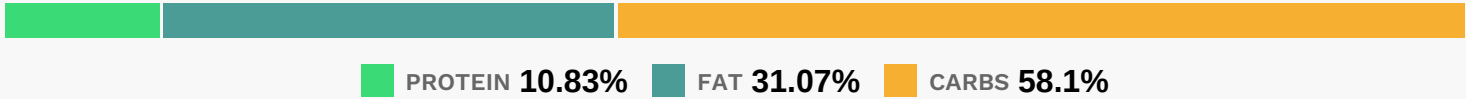
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 30
- ☐ Combine the first 4 ingredients in a bowl, and let stand 15 minutes.
- ☐ Combine oats and remaining ingredients, and stir into the dried-fruit mixture.
- ☐ Sprinkle oat mixture over a jelly-roll pan, and bake at 300 for 1 hour, stirring every 15 minutes.
Cool granola to room temperature. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:4.83, Inflammation Score:-4, Nutrition Score:9.2856521606445%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 185.69kcal (9.28%), Fat: 6.68g (10.28%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 24.36g (8.86%), Sugar: 11.53g (12.81%), Cholesterol: 0.25mg (0.08%), Sodium: 16.74mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Manganese: 1mg (49.94%), Vitamin E: 3.14mg (20.93%), Phosphorus: 154.66mg (15.47%), Magnesium: 60.37mg (15.09%), Fiber: 3.76g (15.06%), Selenium: 9.69µg (13.84%), Vitamin B1: 0.19mg (12.77%), Copper: 0.24mg (12.23%), Zinc: 1.22mg (8.16%), Iron: 1.44mg (7.99%), Vitamin B2: 0.12mg (7.03%), Vitamin B6: 0.11mg (5.6%), Folate: 21.86µg (5.47%), Potassium: 188.16mg (5.38%), Calcium: 48.38mg (4.84%), Vitamin B3: 0.95mg (4.73%), Vitamin B5: 0.38mg (3.79%), Vitamin A: 73.37IU (1.47%), Vitamin K: 1.49µg (1.42%)