



Crunchy Pumpkin Pie Granola

 Vegetarian  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



5

CALORIES



608 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup almonds sliced
- 0.7 cup apple sauce
- 0.3 cup brown sugar
- 0.5 cup cranberries dried
- 0.5 cup honey
- 0.5 cup pecans chopped
- 1 tablespoon pumpkin pie spice
- 0.5 cup raisins

- 3.5 cups rolled oats
- 1 tablespoon vanilla extract

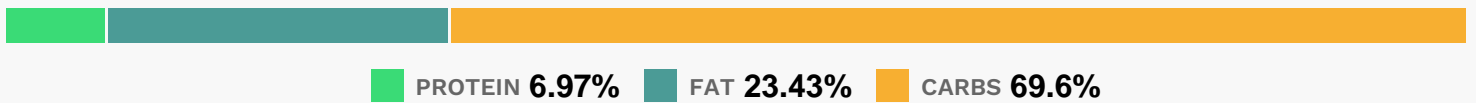
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat an oven to 250 degrees F (120 degrees C). Coat 2 baking sheets with nonstick cooking spray.
- Combine brown sugar, pumpkin pie spice, rolled oats, almonds, and pecans in a large bowl.
- Mix the applesauce, honey, and vanilla in a separate large bowl. Stir the oat mixture into the applesauce mixture, until granola begins to gather in clusters. Spoon granola evenly onto prepared baking sheets.
- Bake in preheated oven, stirring every 20 minutes, until lightly browned and crispy, about 1 hour.
- Remove from oven; cool to room temperature. Stir in raisins and cranberries; store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:34.21, Glycemic Load:33.88, Inflammation Score:-5, Nutrition Score:18.262608740641%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin:

0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 607.99kcal (30.4%), Fat: 16.54g (25.44%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 110.5g (36.83%), Net Carbohydrates: 100.34g (36.49%), Sugar: 55.73g (61.92%), Cholesterol: 0mg (0%), Sodium: 15.13mg (0.66%), Alcohol: 0.89g (100%), Alcohol %: 0.6% (100%), Protein: 11.07g (22.15%), Manganese: 3.07mg (153.63%), Fiber: 10.16g (40.64%), Phosphorus: 324.13mg (32.41%), Magnesium: 126.11mg (31.53%), Copper: 0.53mg (26.72%), Selenium: 18.01µg (25.73%), Vitamin B1: 0.38mg (25.33%), Iron: 4.01mg (22.29%), Vitamin E: 3.08mg (20.51%), Zinc: 3.01mg (20.03%), Vitamin B2: 0.26mg (15.5%), Potassium: 516.16mg (14.75%), Calcium: 91.02mg (9.1%), Vitamin B5: 0.86mg (8.62%), Vitamin B6: 0.15mg (7.63%), Vitamin B3: 1.45mg (7.23%), Folate: 27.13µg (6.78%), Vitamin K: 2.94µg (2.8%), Vitamin C: 1.7mg (2.06%)