



Dee's Dark Chocolate Granola



Gluten Free



Dairy Free

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READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter spread flavored such as I Can't Believe It's Not Butter!® Spread
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup chocolate chips dark
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 2 cups oats quaker oats® such as
- ☐ 2 tablespoons peanut butter
- ☐ 0.3 teaspoon salt

☐ 1 teaspoon vanilla extract

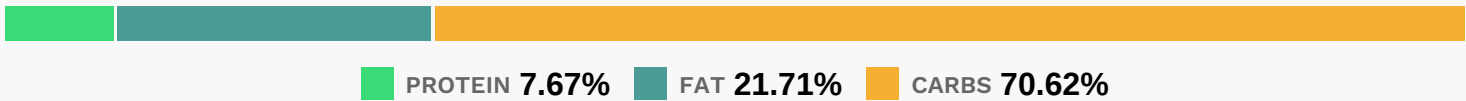
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a 9x13-inch baking dish with aluminum foil and spray with nonstick cooking spray.
- ☐ Melt together the brown sugar, peanut butter, honey, butter flavored spread, and vanilla extract in a small saucepan over low heat. Stir until well combined; remove from heat.
- ☐ Combine the oats, cinnamon, and salt in a large bowl.
- ☐ Pour the brown sugar mixture into bowl; stir well to combine. Stir in the chocolate chips, dried cranberries, and almonds. Spoon into the prepared pan; pat down and spread evenly.
- ☐ Bake in preheated oven until browned, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:13.91, Glycemic Load:7.03, Inflammation Score:-2, Nutrition Score:6.1073912158608%

Nutrients (% of daily need)

Calories: 208.7kcal (10.43%), Fat: 5.15g (7.92%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 35.01g (12.73%), Sugar: 21.76g (24.17%), Cholesterol: 0.06mg (0.02%), Sodium: 101.83mg (4.43%), Alcohol: 0.17g (100%), Alcohol %: 0.4% (100%), Protein: 4.09g (8.19%), Manganese: 0.87mg (43.69%), Fiber: 2.66g (10.64%), Phosphorus: 105.05mg (10.5%), Magnesium: 38.48mg (9.62%), Selenium: 6.55µg (9.35%), Zinc: 1.06mg (7.08%), Vitamin B1: 0.1mg (6.99%), Iron: 1.16mg (6.43%), Copper: 0.12mg (5.97%), Potassium: 158.26mg (4.52%),

Calcium: 44.47mg (4.45%), Vitamin B3: 0.85mg (4.24%), Vitamin E: 0.55mg (3.64%), Vitamin B5: 0.34mg (3.36%),
Vitamin B2: 0.05mg (3.09%), Folate: 11.41µg (2.85%), Vitamin B6: 0.05mg (2.72%)