



# Easy Cranberry Granola



Vegetarian



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



3

CALORIES



1658 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 cup almonds chopped
- 1 cup cranberries dried
- 1 teaspoon ground cinnamon
- 1.3 cups honey to taste
- 4 cups rolled oats
- 1.5 teaspoons vanilla extract
- 0.3 cup vegetable oil
- 0.5 cup walnut pieces chopped

1.5 cups wheat germ

## Equipment

bowl

baking sheet

oven

## Directions

Preheat the oven to 300 degrees F (150 degrees C).

In a large bowl, stir together the oats, wheat germ, walnuts, almonds, and dried cranberries. In a separate bowl, mix together the oil, honey, vanilla and cinnamon.

Drizzle over the dry ingredients, and stir to coat evenly.

Spread the mixture out in a thin layer on an ungreased cookie sheet.

Bake for 30 to 40 minutes in the preheated oven, stirring every 10 minutes to toast evenly. Allow to cool completely before storing in an airtight container. Granola will become crunchier as it cools.

## Nutrition Facts



**PROTEIN 8.27%** **FAT 31.89%** **CARBS 59.84%**

## Properties

Glycemic Index:42.42, Glycemic Load:86.1, Inflammation Score:-9, Nutrition Score:52.291739261345%

## Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

## Nutrients (% of daily need)

Calories: 1657.63kcal (82.88%), Fat: 61.92g (95.26%), Saturated Fat: 7.99g (49.94%), Carbohydrates: 261.43g (87.14%), Net Carbohydrates: 235.86g (85.77%), Sugar: 148.18g (164.65%), Cholesterol: 0mg (0%), Sodium: 21.93mg (0.95%), Alcohol: 0.69g (100%), Alcohol %: 0.21% (100%), Protein: 36.12g (72.24%), Manganese: 13.12mg (656.19%), Selenium: 80.11µg (114.44%), Vitamin B1: 1.7mg (113.36%), Phosphorus: 1118.93mg (111.89%), Fiber: 25.57g (102.29%), Magnesium: 386.86mg (96.71%), Zinc: 12.71mg (84.76%), Copper: 1.52mg (75.8%), Vitamin E: 9.54mg (63.58%), Iron: 10.46mg (58.11%), Folate: 228.63µg (57.16%), Vitamin B6: 1.04mg (52.19%), Vitamin B2: 0.82mg (48.39%), Vitamin K: 50.51µg (48.11%), Potassium: 1264.03mg (36.12%), Vitamin B3: 6.62mg (33.1%), Vitamin B5: 2.92mg (29.18%), Calcium: 180.87mg (18.09%), Vitamin C: 1.07mg (1.29%)