



Egnog Yogurt With Granola

READY IN



50 min.

SERVINGS



6

CALORIES



663 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup apricots dried chopped
- 0.5 cup cranberries dried
- 0.8 cup eggnog
- 0.3 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 6 servings kosher salt
- 0.3 cup brown sugar light packed
- 2.5 cups greek yogurt low-fat
- 0.5 cup maple syrup pure

- 6 servings nutmeg freshly grated
- 0.5 cup olive oil extra-virgin
- 1 cup pistachios
- 3 cups rolled oats
- 2 tablespoons sesame seed
- 0.5 cup coconut flakes unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup wheat germ

Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Make the granola: Preheat the oven to 300 degrees F. Toss the oats, pistachios, wheat germ, sesame seeds, maple syrup, brown sugar, vanilla, olive oil, cinnamon, cardamom and 1 teaspoon salt in a bowl.
- Spread on a rimmed baking sheet and bake 20 minutes, stirring halfway through.
- Remove from the oven and stir in the coconut. Return the granola to the oven and bake until golden, 20 to 25 more minutes, stirring halfway through.
- Whisk the Greek yogurt, eggnog and nutmeg to taste in a bowl until smooth. Cover and chill until ready to serve.
- Remove the granola from the oven and stir in the dried cranberries and apricots.
- Serve warm or at room temperature with the eggnog yogurt; drizzle with honey and sprinkle with nutmeg. Store extra granola in an airtight container in the freezer for up to 2 weeks.
- Photograph by Anna Williams

Nutrition Facts



■ PROTEIN 13.67% ■ FAT 34.5% ■ CARBS 51.83%

Properties

Glycemic Index:49.65, Glycemic Load:20.49, Inflammation Score:-7, Nutrition Score:23.503913236701%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 662.81kcal (33.14%), Fat: 26.18g (40.27%), Saturated Fat: 8.91g (55.71%), Carbohydrates: 88.5g (29.5%), Net Carbohydrates: 78.12g (28.41%), Sugar: 47.57g (52.85%), Cholesterol: 24.19mg (8.06%), Sodium: 262.92mg (11.43%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Protein: 23.34g (46.67%), Manganese: 3.62mg (180.84%), Fiber: 10.37g (41.49%), Phosphorus: 399.85mg (39.99%), Vitamin B1: 0.55mg (36.6%), Copper: 0.72mg (35.76%), Magnesium: 132.15mg (33.04%), Vitamin B2: 0.56mg (32.65%), Selenium: 22.22µg (31.74%), Vitamin B6: 0.56mg (27.86%), Calcium: 274.01mg (27.4%), Zinc: 3.5mg (23.36%), Iron: 4.14mg (23.02%), Potassium: 730.1mg (20.86%), Vitamin E: 1.95mg (13%), Vitamin A: 598.3IU (11.97%), Folate: 47.63µg (11.91%), Vitamin B5: 0.99mg (9.86%), Vitamin B3: 1.75mg (8.76%), Vitamin K: 4.25µg (4.05%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.14µg (2.38%), Vitamin C: 1.94mg (2.35%)