



Glacier Peaks Granola



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 0.5 cup apricots dried chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup honey
- ☐ 3 cups regular oats
- ☐ 2 tablespoons slivered almonds
- ☐ 0.5 cup cranberries dried sweetened (such as Craisins)

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup wheat bran
- ☐ 2 cups puffed-wheat cereal sweetened (such as Kellogg's Smacks)

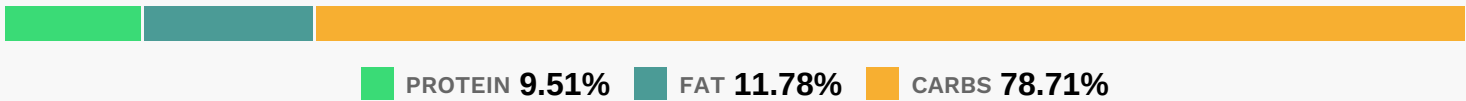
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine the first 4 ingredients in a large bowl.
- ☐ Combine applesauce, honey, oil, cinnamon, and ginger in a small saucepan, and cook over medium heat 2 minutes or until honey is melted, stirring occasionally.
- ☐ Pour applesauce mixture over oat mixture, stirring to coat.
- ☐ Place mixture in a jelly-roll pan, and bake at 375 for 20 minutes. Gently stir granola, and bake an additional 15 minutes or until dry. Cool; stir in apricots and cranberries. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:13.05, Glycemic Load:8.53, Inflammation Score:-8, Nutrition Score:24.134782490523%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg
Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 255.25kcal (12.76%), Fat: 3.7g (5.7%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 47.8g (17.38%), Sugar: 16.91g (18.78%), Cholesterol: 0mg (0%), Sodium: 196.45mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin D: 28.76µg (191.7%), Folate: 296.36µg (74.09%), Iron: 11.57mg (64.3%), Manganese: 0.96mg (47.85%), Fiber: 7.86g (31.42%), Zinc: 4.65mg (30.99%), Vitamin B1: 0.37mg (24.46%), Vitamin B2: 0.37mg (21.84%), Vitamin B3: 4.29mg (21.44%), Phosphorus: 211.39mg (21.14%), Vitamin B6: 0.42mg (20.94%), Vitamin B12: 1.08µg (17.98%), Magnesium: 71.45mg (17.86%), Vitamin A: 529.72IU (10.59%), Selenium: 6.93µg (9.9%), Calcium: 90.81mg (9.08%), Potassium: 287.46mg (8.21%), Copper: 0.13mg (6.38%), Vitamin E: 0.86mg (5.71%), Vitamin C: 4.5mg (5.45%), Vitamin B5: 0.29mg (2.89%), Vitamin K: 2.71µg (2.58%)