



Grandma Nancy's Apricot Almond Granola

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



493 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter melted
- 0.5 cup apricots dried chopped
- 0.5 cup cranberries dried
- 0.3 cup golden raisins
- 0.5 cup honey
- 2.8 cups rolled oats
- 0.5 cup slivered almonds
- 0.3 cup walnuts chopped

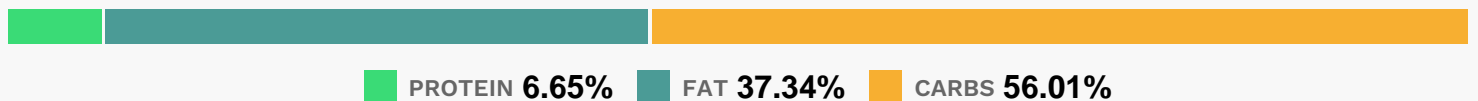
Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- aluminum foil

Directions

- Preheat oven to 315 degrees F (157 degrees C). Line a baking sheet with parchment paper or aluminum foil.
- Stir oats, almonds, cranberries, apricots, walnuts, and raisins together in a bowl.
- Whisk honey and butter together in a bowl.
- Drizzle honey mixture over oat mixture; toss to coat.
- Spread oat mixture in a single layer on the prepared baking sheet.
- Bake granola in the preheated oven until lightly browned, 20 to 25 minutes; cool in pan and break into pieces.

Nutrition Facts



Properties

Glycemic Index:43.72, Glycemic Load:26.33, Inflammation Score:-7, Nutrition Score:15.173043359881%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 493.31kcal (24.67%), Fat: 21.58g (33.2%), Saturated Fat: 7.66g (47.86%), Carbohydrates: 72.83g (24.28%), Net Carbohydrates: 65.81g (23.93%), Sugar: 42.02g (46.68%), Cholesterol: 27.11mg (9.04%), Sodium: 87.22mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.3%), Manganese: 1.88mg (93.81%), Fiber: 7.02g (28.08%), Phosphorus: 240.07mg (24.01%), Magnesium: 93.36mg (23.34%), Vitamin E: 3.49mg (23.26%), Copper: 0.42mg (21.21%), Selenium: 12.13µg (17.34%), Iron: 2.7mg (14.97%), Vitamin B1: 0.22mg (14.38%), Vitamin A: 706.97IU (14.14%), Zinc: 1.99mg (13.24%), Potassium: 437.59mg (12.5%), Vitamin B2: 0.21mg (12.42%), Vitamin B6: 0.14mg (6.85%), Calcium: 65.76mg (6.58%), Vitamin B3: 1.28mg (6.41%), Vitamin B5: 0.62mg (6.18%), Folate: 24.49µg (6.12%), Vitamin K: 3.19µg (3.04%)