

Granola Blondies

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1.3 cups brown sugar packed
- 0.3 cup canola oil
- 1 cup cranberries dried
- 1 eggs
- 1 egg whites
- 1 cup flour all-purpose
- 2 cups cereal with raisins reduced-fat

0.5 teaspoon salt

Equipment

bowl

oven

wire rack

baking pan

Directions

In a large bowl, beat the egg, egg white, brown sugar and oil until blended.

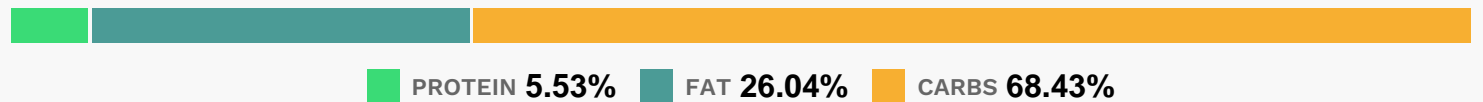
Combine the flour, baking powder and salt; gradually stir into sugar mixture just until blended. Stir in granola and cranberries (batter will be thick).

Spread into a 9-in. square baking pan coated with cooking spray.

Bake at 350° for 25–30 minutes or until golden brown and set. Cool on a wire rack.

Cut into bars.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:5.84, Inflammation Score:-2, Nutrition Score:6.4400000787624%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 299.04kcal (14.95%), Fat: 8.9g (13.69%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 52.59g (17.53%), Net Carbohydrates: 50.72g (18.44%), Sugar: 33.77g (37.53%), Cholesterol: 13.64mg (4.55%), Sodium: 155.43mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Manganese: 0.66mg (32.95%), Selenium: 9.01µg (12.87%), Vitamin E: 1.86mg (12.38%), Vitamin B1: 0.15mg (9.85%), Iron: 1.67mg (9.3%), Phosphorus: 87.69mg (8.77%), Fiber: 1.87g (7.5%), Folate: 28.03µg (7.01%), Vitamin B2: 0.12mg (6.98%), Calcium: 60.85mg (6.09%), Magnesium: 24.07mg (6.02%), Vitamin K: 5.03µg (4.79%), Copper: 0.09mg (4.72%), Vitamin B3: 0.89mg (4.47%),

Potassium: 134.69mg (3.85%), Zinc: 0.54mg (3.63%), Vitamin B5: 0.27mg (2.75%), Vitamin B6: 0.05mg (2.43%)