



Granola with Honey-Scented Yogurt and Baked Figs



Vegetarian



Gluten Free

READY IN



53 min.

SERVINGS



6

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 1 large egg white
- ☐ 9 dark-skinned figs fresh firm stemmed quartered
- ☐ 3 cups greek yogurt plain fat-free
- ☐ 0.4 teaspoon ground cinnamon divided
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons honey divided

- ☐ 2 tablespoons maple syrup
- ☐ 1 cup old-fashioned rolled oats
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt divided
- ☐ 1.1 teaspoons vanilla extract divided

Equipment

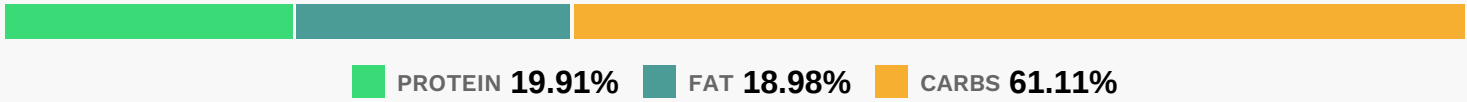
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 30
- ☐ Combine oats and pecans in a small bowl.
- ☐ Combine egg white and 1/8 teaspoon vanilla in a medium bowl; beat egg mixture with a mixer at medium speed until foamy. Fold oat mixture into egg white mixture.
- ☐ Combine brown sugar, 1/4 teaspoon cinnamon, 1/8 teaspoon salt, and nutmeg; fold the sugar mixture into oat mixture. Fold in maple syrup.
- ☐ Spread granola evenly on a foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 300 for 25 minutes, stirring once.
- ☐ Remove granola from oven; stir to loosen granola from foil. Cool on a wire rack.
- ☐ Increase the oven temperature to 35
- ☐ Combine 2 teaspoons honey and remaining 1 teaspoon vanilla in a large bowl, and add figs, stirring gently to coat the fruit. Arrange the figs, cut sides up, in a single layer on a foil-lined baking sheet.
- ☐ Sprinkle figs evenly with the remaining 1/8 teaspoon ground cinnamon and remaining 1/8 teaspoon salt.

- ☐
- Bake at 350 for 10 minutes or until the fig juices begin to bubble.
- ☐
- Remove from oven, and cool completely.
- ☐
- Combine the remaining 2 tablespoons honey and yogurt in a small bowl. Spoon 1/2 cup yogurt mixture into each of 6 bowls; top each serving with about 2 1/2 tablespoons granola and 6 fig quarters.

Nutrition Facts



Properties

Glycemic Index:45.8, Glycemic Load:15.25, Inflammation Score:-4, Nutrition Score:11.581739088763%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 269.59kcal (13.48%), Fat: 5.86g (9.02%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 38.26g (13.91%), Sugar: 29.64g (32.93%), Cholesterol: 5mg (1.67%), Sodium: 145.67mg (6.33%), Alcohol: 0.26g (100%), Alcohol %: 0.15% (100%), Protein: 13.83g (27.67%), Manganese: 1.06mg (52.76%), Vitamin B2: 0.46mg (27.03%), Phosphorus: 220.16mg (22.02%), Selenium: 15.39µg (21.99%), Fiber: 4.21g (16.84%), Calcium: 161.38mg (16.14%), Magnesium: 52.47mg (13.12%), Potassium: 423.49mg (12.1%), Vitamin B12: 0.7µg (11.75%), Vitamin B1: 0.17mg (11.6%), Copper: 0.2mg (10.11%), Zinc: 1.48mg (9.85%), Vitamin B6: 0.18mg (8.95%), Vitamin B5: 0.78mg (7.81%), Iron: 1.16mg (6.43%), Folate: 17.6µg (4.4%), Vitamin K: 4.05µg (3.85%), Vitamin B3: 0.76mg (3.81%), Vitamin A: 114.3IU (2.29%), Vitamin C: 1.61mg (1.95%), Vitamin E: 0.24mg (1.58%)