



Homemade Cranberry Nut Granola

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



438 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup roasted and almonds salted chopped
- 0.7 cup brown sugar packed
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible) unsweetened
- 1 cup cranberries dried
- 1.5 teaspoons ground cinnamon
- 0.3 cup maple syrup
- 2 cups old fashioned rolled oats
- 0.3 cup pumpkin seeds

- 0.3 teaspoon sea salt fine
- 0.3 cup sunflower seeds

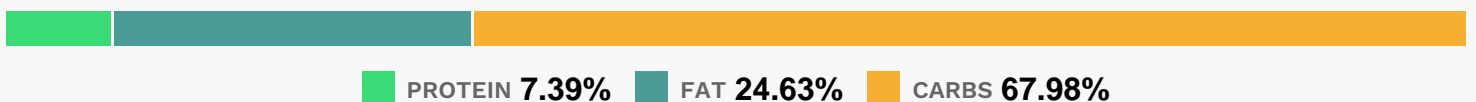
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Spread the pumpkin seeds and sunflower seeds on a baking sheet.
- Bake for 8 to 10 minutes until lightly toasted. Set aside to cool.
- Reduce the oven temperature to 325 degrees F. Spray a baking sheet with nonstick cooking spray. Set aside.
- In a small saucepan, combine the maple syrup, brown sugar, cranberry juice, and cinnamon over medium heat. Cook, stirring constantly, until the sugar has dissolved.
- In a medium bowl, mix together the oats, almonds, pumpkin seeds, sunflower seeds, and salt.
- Pour the maple mixture over the oat mixture and stir until combined.
- Spread the mixture onto the prepared baking sheet.
- Bake for 20 minutes.
- Remove the baking sheet from the oven. Stir in the cranberries and bake for an additional 10 to 15 minutes until the mixture begins to brown. Cool completely. Store airtight in a plastic container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:29.58, Glycemic Load:12.31, Inflammation Score:-5, Nutrition Score:16.635217460601%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 438.26kcal (21.91%), Fat: 12.58g (19.35%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 78.1g (26.03%), Net Carbohydrates: 71.83g (26.12%), Sugar: 52.64g (58.49%), Cholesterol: 0mg (0%), Sodium: 109.32mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.99%), Manganese: 2.09mg (104.6%), Vitamin E: 5.89mg (39.29%), Magnesium: 117mg (29.25%), Vitamin B2: 0.44mg (25.87%), Phosphorus: 254.47mg (25.45%), Fiber: 6.27g (25.08%), Copper: 0.41mg (20.71%), Selenium: 12.04µg (17.21%), Vitamin B1: 0.26mg (17.17%), Iron: 2.56mg (14.25%), Zinc: 2.1mg (13.97%), Calcium: 100.46mg (10.05%), Potassium: 351.03mg (10.03%), Vitamin B3: 1.55mg (7.77%), Vitamin B6: 0.15mg (7.65%), Folate: 29.11µg (7.28%), Vitamin B5: 0.53mg (5.26%), Vitamin K: 3.57µg (3.4%), Vitamin C: 2.17mg (2.63%)