



Homemade Granola

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



309 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup almonds chopped
- 2 tablespoons brown sugar
- 0.3 cup apricot dried chopped
- 0.3 cup cranberries dried
- 0.3 cup honey
- 0.3 teaspoon kosher salt
- 0.3 cup maple syrup

- 0.3 cup pecans chopped
- 0.3 cup pineapple juice
- 6 cups rolled oats

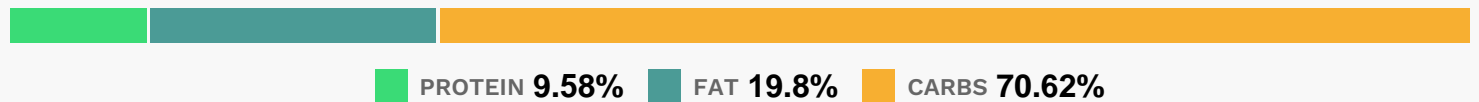
Equipment

- bowl
- frying pan
- oven
- ziploc bags

Directions

- Preheat oven to 30
- Combine first 5 ingredients in a large bowl.
- Add syrup, honey, juice, and almond extract; toss well.
- Spread mixture evenly onto a jelly-roll pan coated with cooking spray.
- Bake at 300 for 45 minutes, stirring every 15 minutes. Stir in cranberries and apricots. Cool completely. Store in a zip-top plastic bag.

Nutrition Facts



Properties

Glycemic Index:22.82, Glycemic Load:18.48, Inflammation Score:-4, Nutrition Score:13.474347902381%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg,

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 308.64kcal (15.43%), Fat: 6.97g (10.73%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 55.98g (18.66%), Net Carbohydrates: 49.94g (18.16%), Sugar: 21.01g (23.35%), Cholesterol: 0mg (0%), Sodium: 63.68mg (2.77%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Protein: 7.59g (15.19%), Manganese: 2.27mg (113.57%), Fiber: 6.05g (24.19%), Phosphorus: 227.67mg (22.77%), Magnesium: 84.62mg (21.15%), Selenium: 14.5µg (20.72%), Vitamin B1: 0.26mg (17.37%), Vitamin B2: 0.26mg (15.52%), Zinc: 2.12mg (14.15%), Copper: 0.28mg (14.06%), Iron: 2.45mg (13.62%), Vitamin E: 1.36mg (9.09%), Potassium: 292.4mg (8.35%), Vitamin B5: 0.62mg (6.21%), Calcium: 53.91mg (5.39%), Folate: 19.32µg (4.83%), Vitamin B3: 0.84mg (4.21%), Vitamin B6: 0.07mg (3.7%), Vitamin A: 118.99IU (2.38%), Vitamin K: 1.42µg (1.35%)