



Honey Almond Granola

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



658 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup almonds with skin (1/4 pound) sliced
- 0.5 cup apricot dried finely chopped
- 0.5 cup pears dried finely chopped
- 1 teaspoon ground cardamom
- 6 tablespoons honey
- 9 ounces rolled oats
- 0.3 cup sesame seed
- 6 tablespoons vegetable oil

6 servings greek yogurt greek-style

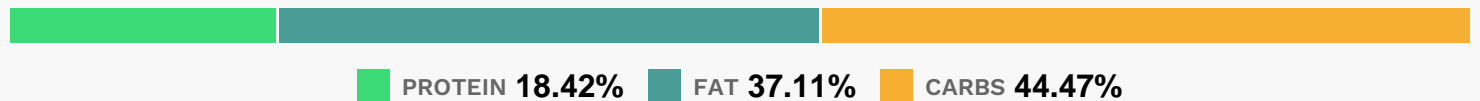
Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- microwave

Directions

- Preheat oven to 350°F with rack in middle. Oil a 4-sided sheet pan or line with parchment paper.
- Stir together oats, almonds, and sesame seeds in a large bowl.
- Heat oil, honey, cardamom, and 1/2 teaspoon salt in a small saucepan over low heat (or in a microwave) until heated through. Stir into oat mixture.
- Spread evenly in sheet pan and bake, stirring once, until golden, 20 to 25 minutes.
- Cool granola completely in pan (it will crisp as it cools), then stir in fruit.
- Granola keeps, frozen in an airtight container, up to 1 month.

Nutrition Facts



Properties

Glycemic Index:29.28, Glycemic Load:21.22, Inflammation Score:-7, Nutrition Score:28.028261024019%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg

Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg
Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 658.27kcal (32.91%), Fat: 28.04g (43.14%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 75.62g (25.21%), Net Carbohydrates: 66.62g (24.22%), Sugar: 40g (44.45%), Cholesterol: 10mg (3.33%), Sodium: 78.28mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.64%), Manganese: 2.25mg (112.52%), Phosphorus: 577.39mg (57.74%), Selenium: 35.3µg (50.44%), Vitamin B2: 0.86mg (50.38%), Magnesium: 153.62mg (38.41%), Vitamin E: 5.73mg (38.2%), Fiber: 9g (36%), Calcium: 359.89mg (35.99%), Copper: 0.71mg (35.75%), Vitamin K: 29.26µg (27.86%), Zinc: 3.74mg (24.95%), Vitamin B12: 1.4µg (23.33%), Iron: 4.17mg (23.15%), Potassium: 797.85mg (22.8%), Vitamin B1: 0.32mg (21.6%), Vitamin B6: 0.27mg (13.65%), Vitamin B5: 1.31mg (13.06%), Vitamin B3: 2.25mg (11.25%), Folate: 41.92µg (10.48%), Vitamin A: 399.6IU (7.99%), Vitamin C: 1.33mg (1.62%)