



Low-fat Granola



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



770 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup firmly brown sugar packed
- ☐ 2 tablespoons crystallized ginger chopped
- ☐ 1 cup apples dried chopped
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup honey
- ☐ 2.5 lb regular rolled oats
- ☐ 0.3 cup salad oil
- ☐ 2 teaspoons vanilla

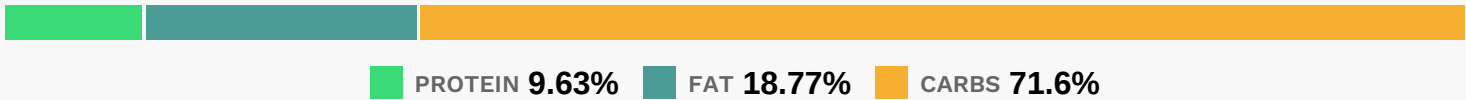
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place half the oats, sugar, and bran in each of 2 baking pans, 10 by 15 inches. With your hands, crumble sugar and mix ingredients well.
- ☐ In a 1- to 2-quart pan over medium heat, stir oil, honey, and vanilla until bubbly.
- ☐ Pour half the hot mixture into each baking pan and mix well.
- ☐ Bake, uncovered, in a 350 oven. After 10 minutes, stir granola mixture. If using 1 oven, switch pan positions. Continue baking until oats are lightly toasted, about 10 minutes more.
- ☐ Stir in dried fruit, cranberries, and crystallized ginger, breaking up any clumps.
- ☐ Bake until oats are crisp, 5 to 10 minutes longer. Stir.
- ☐ Let cool 5 minutes and stir again. When cool, serve or store in an airtight container up to 1 month.

Nutrition Facts



Properties

Glycemic Index:15.16, Glycemic Load:38.99, Inflammation Score:-7, Nutrition Score:25.34565219931%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 770.05kcal (38.5%), Fat: 16.36g (25.17%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 140.38g (46.79%), Net Carbohydrates: 124.7g (45.35%), Sugar: 43.78g (48.64%), Cholesterol: 0mg (0%), Sodium: 24.9mg (1.08%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 18.88g (37.76%), Manganese: 5.2mg (259.96%), Fiber:

15.67g (62.7%), Selenium: 41.48µg (59.26%), Phosphorus: 587.16mg (58.72%), Magnesium: 199.82mg (49.96%), Vitamin B1: 0.65mg (43.54%), Iron: 6.4mg (35.54%), Zinc: 5.22mg (34.8%), Copper: 0.59mg (29.69%), Potassium: 599.63mg (17.13%), Vitamin B5: 1.67mg (16.65%), Vitamin B2: 0.24mg (14.35%), Vitamin E: 2.04mg (13.58%), Folate: 45.78µg (11.44%), Calcium: 93.76mg (9.38%), Vitamin B3: 1.77mg (8.84%), Vitamin B6: 0.17mg (8.47%), Vitamin K: 8.72µg (8.31%)