



Maple-Almond Granola



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons canola oil
- 1 cup apricot dried minced
- 1.5 teaspoons ground cinnamon
- 0.3 cup honey
- 0.3 cup maple syrup
- 4 cups rolled oats
- 1 cup raisins

- 0.3 teaspoon salt
- 0.3 cup slivered almonds
- 0.3 cup water

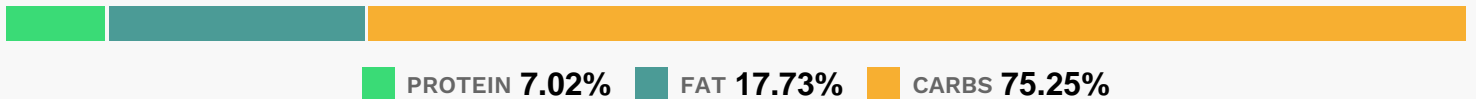
Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 32
- Combine first 4 ingredients in a large bowl.
- Combine water, honey, syrup, sugar, and oil in a small saucepan; bring to a boil.
- Pour over oat mixture; toss to coat.
- Spread oat mixture on a jelly-roll pan coated with cooking spray.
- Bake at 325 for 35 minutes or until golden, stirring every 10 minutes.
- Place in a large bowl; stir in apricots and raisins. Cool completely.
- Note: Store in an airtight container for up to a week.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:9.8, Inflammation Score:-3, Nutrition Score:4.9656521237415%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 129.48kcal (6.47%), Fat: 2.67g (4.11%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 23.11g (8.4%), Sugar: 10.59g (11.77%), Cholesterol: 0mg (0%), Sodium: 28.33mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Manganese: 0.67mg (33.71%), Fiber: 2.39g (9.55%), Phosphorus: 69.5mg (6.95%), Magnesium: 26.46mg (6.62%), Vitamin B2: 0.11mg (6.32%), Selenium: 4.16µg (5.94%), Iron: 0.96mg (5.33%), Potassium: 184.23mg (5.26%), Vitamin E: 0.79mg (5.24%), Copper: 0.1mg (5.22%), Vitamin B1: 0.08mg (5%), Zinc: 0.6mg (4.02%), Vitamin A: 195.6IU (3.91%), Calcium: 22.08mg (2.21%), Vitamin B3: 0.41mg (2.06%), Vitamin B5: 0.19mg (1.92%), Vitamin B6: 0.04mg (1.79%), Folate: 5.65µg (1.41%), Vitamin K: 1.31µg (1.25%)