



WHATSheATE



Maple-Walnut Granola with Dried Cranberries



Vegetarian



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



400 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup cranberries dried
- ☐ 0.3 cup egg whites (2 large egg whites)
- ☐ 0.8 cup brown sugar divided packed ()
- ☐ 1 teaspoon ground allspice
- ☐ 1.3 teaspoons ground cinnamon
- ☐ 1.3 teaspoons maple extract
- ☐ 0.5 cup maple syrup pure
- ☐ 3 cups oats

- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup walnut halves

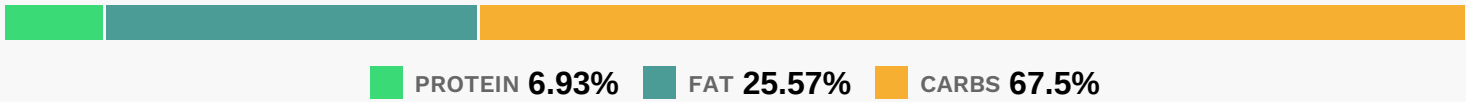
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ pastry brush

Directions

- ☐ Position rack in bottom third of oven and preheat to 325°F. Generously coat heavy large rimmed baking sheet with nonstick spray. Stir 1/2 cup sugar and syrup in heavy small saucepan over low heat until sugar dissolves, occasionally brushing down sides with wet pastry brush.
- ☐ Pour into large bowl; cool to lukewarm.
- ☐ Whisk in egg whites, extracts, and spices.
- ☐ Add oats, nuts, and remaining 1/4 cup sugar; toss well.
- ☐ Spread mixture in even layer on prepared baking sheet.
- ☐ Bake 35 minutes. Using metal spatula, turn granola over (bottom will be brown).
- ☐ Bake 10 minutes.
- ☐ Sprinkle cranberries over; bake until dry, about 10 minutes longer. Cool granola completely in pan.

Nutrition Facts



Properties

Glycemic Index:14.56, Glycemic Load:12.18, Inflammation Score:-4, Nutrition Score:12.692173879756%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 400.32kcal (20.02%), Fat: 11.72g (18.03%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 69.62g (23.21%), Net Carbohydrates: 64.55g (23.47%), Sugar: 44.01g (48.9%), Cholesterol: 0mg (0%), Sodium: 23.44mg (1.02%), Alcohol: 0.56g (100%), Alcohol %: 0.64% (100%), Protein: 7.14g (14.29%), Manganese: 2.19mg (109.29%), Vitamin B2: 0.36mg (21.42%), Fiber: 5.07g (20.3%), Copper: 0.38mg (18.8%), Magnesium: 73.31mg (18.33%), Phosphorus: 179.02mg (17.9%), Selenium: 11.38µg (16.25%), Vitamin B1: 0.21mg (13.72%), Zinc: 1.73mg (11.55%), Iron: 2mg (11.1%), Potassium: 273.44mg (7.81%), Calcium: 76.06mg (7.61%), Vitamin B6: 0.13mg (6.25%), Folate: 24.68µg (6.17%), Vitamin B5: 0.5mg (5%), Vitamin E: 0.56mg (3.7%), Vitamin B3: 0.65mg (3.26%), Vitamin K: 2.25µg (2.14%)