



Mom's Coconut Granola

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



534 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup almonds sliced
- 0.3 cup lightly brown sugar light packed
- 0.5 cup cranberries dried
- 1 teaspoon ground cinnamon
- 0.3 cup honey
- 2 cups old-fashioned oats
- 0.3 teaspoon salt
- 1 cup coconut or shredded sweetened

- 4 tablespoons butter unsalted
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil
- spatula

Directions

- Watch how to make this recipe.
- Special equipment: 9-inch square baking sheet
- Preheat the oven to 400 degrees F.
- Line a 9-inch square baking sheet with foil, allowing the foil to extend over the sides of the pan. Spray with nonstick cooking spray.
- Mix the oats, almonds, coconut, cranberries, cinnamon and salt in a medium bowl until combined.
- Combine butter, honey and sugar in a medium saucepan over medium heat, stirring until the butter melts and the mixture begins to boil.
- Remove the pan from heat and stir in the vanilla.
- Pour the butter mixture over the dry ingredients, stirring with a rubber spatula until well coated.
- Transfer the oat mixture to the prepared pan, and using the spatula, press the oats evenly into pan.
- Bake until the top is golden brown, 20 to 25 minutes.
- Transfer to a rack to cool. Using the foil, lift the granola out of pan and place it on work surface. Crumble the granola into pieces and store in an airtight container for up to 1 week.

Nutrition Facts

PROTEIN 6.39% FAT 43.5% CARBS 50.11%

Properties

Glycemic Index:21.45, Glycemic Load:14.93, Inflammation Score:-5, Nutrition Score:15.923478354578%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 533.89kcal (26.69%), Fat: 26.91g (41.39%), Saturated Fat: 12.49g (78.05%), Carbohydrates: 69.74g (23.25%), Net Carbohydrates: 62.46g (22.71%), Sugar: 42.39g (47.11%), Cholesterol: 24.08mg (8.03%), Sodium: 171.27mg (7.45%), Alcohol: 0.28g (100%), Alcohol %: 0.29% (100%), Protein: 8.9g (17.79%), Manganese: 2.17mg (108.42%), Vitamin E: 5.44mg (36.27%), Fiber: 7.27g (29.1%), Magnesium: 105.81mg (26.45%), Phosphorus: 245.82mg (24.58%), Copper: 0.4mg (19.77%), Selenium: 13.6µg (19.43%), Vitamin B2: 0.28mg (16.36%), Iron: 2.64mg (14.67%), Zinc: 2.15mg (14.36%), Vitamin B1: 0.19mg (12.99%), Potassium: 347.94mg (9.94%), Calcium: 87.15mg (8.72%), Vitamin B5: 0.65mg (6.46%), Vitamin B3: 1.23mg (6.14%), Vitamin B6: 0.12mg (6.04%), Vitamin A: 281.25IU (5.63%), Folate: 20.72µg (5.18%), Vitamin K: 2.53µg (2.41%), Vitamin D: 0.17µg (1.12%)