



Mom's Homemade Granola

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



455 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup almonds sliced
- 0.3 cup lightly brown sugar packed
- 0.5 cup cranberries dried
- 1 teaspoon ground cinnamon
- 0.3 cup honey plus more for serving
- 6 servings poached berries mixed for serving
- 2 cups old-fashioned oats
- 2 pound nonfat yogurt plain

- 0.3 teaspoon salt
- 4 tablespoons butter unsalted ()
- 1 teaspoon vanilla extract pure

Equipment

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

Directions

- Preheat the oven to 400 degrees F.
- Line a 9-inch square baking sheet with foil, allowing the foil to extend over the sides. Spray with nonstick cooking spray.
- Mix the oats, cranberries, almonds, cinnamon and salt in a medium bowl.
- Combine the butter, sugar and honey in a medium saucepan over medium heat, stirring until the butter melts and the mixture begins to boil.
- Add the vanilla and stir.
- Remove from the heat.
- Pour the butter over the oats, mixing until well coated.
- Transfer to the prepared pan and, using a spatula, press the oats evenly into the pan.
- Bake until the top is crisp and golden brown, 15 to 20 minutes.
- Transfer to a rack and cool. Using the foil as aid, lift out of the pan and place on a work surface. Crumble into pieces.
- Serve with berries, plain yogurt and drizzle with additional honey.

Nutrition Facts



PROTEIN 13.33% FAT 33.29% CARBS 53.38%

Properties

Glycemic Index:17.88, Glycemic Load:12.44, Inflammation Score:-6, Nutrition Score:18.540869668774%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg 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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 454.94kcal (22.75%), Fat: 17.38g (26.73%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 62.7g (20.9%), Net Carbohydrates: 57.28g (20.83%), Sugar: 40.55g (45.06%), Cholesterol: 23.09mg (7.7%), Sodium: 219.86mg (9.56%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 15.65g (31.3%), Manganese: 1.44mg (72.24%), Phosphorus: 426.29mg (42.63%), Calcium: 371.34mg (37.13%), Vitamin B2: 0.58mg (34.29%), Vitamin E: 4.48mg (29.87%), Magnesium: 109.46mg (27.36%), Fiber: 5.41g (21.66%), Selenium: 14.27µg (20.39%), Zinc: 2.99mg (19.93%), Potassium: 625.49mg (17.87%), Vitamin B12: 0.94µg (15.64%), Vitamin B1: 0.23mg (15.37%), Copper: 0.31mg (15.28%), Vitamin B5: 1.4mg (14%), Iron: 2.05mg (11.39%), Folate: 34.28µg (8.57%), Vitamin B6: 0.14mg (7.04%), Vitamin B3: 1.14mg (5.72%), Vitamin A: 245.42IU (4.91%), Vitamin K: 2.53µg (2.41%), Vitamin C: 1.49mg (1.81%)