



Mountain Peak Granola



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 0.5 cup apricots dried chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup honey
- ☐ 3 cups regular oats
- ☐ 2 tablespoons slivered almonds
- ☐ 0.5 cup cranberries dried sweetened

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup wheat bran
- ☐ 2 cups puffed-wheat cereal

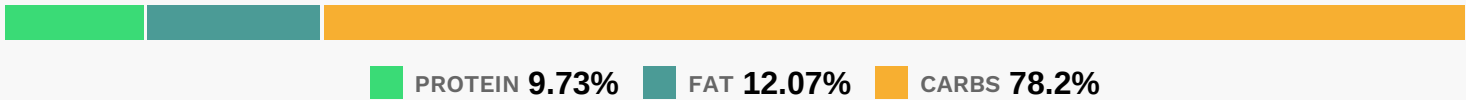
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Combine applesauce, honey, oil, cinnamon, and ginger in a small saucepan; cook over medium heat 2 minutes or until honey melts, stirring occasionally.
- ☐ Pour applesauce mixture over oat mixture, stirring to coat.
- ☐ Place mixture in a jelly roll pan, and bake at 375 for 20 minutes. Gently stir granola; bake an additional 15 minutes or until dry. Cool; stir in apricots and cranberries. Store in an airtight container.
- ☐ carbo rating: 23

Nutrition Facts



Properties

Glycemic Index:13.05, Glycemic Load:7.66, Inflammation Score:-8, Nutrition Score:24.116956544959%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg,

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 249.12kcal (12.46%), Fat: 3.7g (5.7%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 54g (18%), Net Carbohydrates: 46.14g (16.78%), Sugar: 15.25g (16.94%), Cholesterol: 0mg (0%), Sodium: 196.37mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Vitamin D: 28.76µg (191.7%), Folate: 296.32µg (74.08%), Iron: 11.57mg (64.25%), Manganese: 0.96mg (47.77%), Fiber: 7.85g (31.41%), Zinc: 4.64mg (30.96%), Vitamin B1: 0.37mg (24.46%), Vitamin B2: 0.37mg (21.79%), Vitamin B3: 4.29mg (21.43%), Phosphorus: 211.3mg (21.13%), Vitamin B6: 0.42mg (20.91%), Vitamin B12: 1.08µg (17.98%), Magnesium: 71.41mg (17.85%), Vitamin A: 529.72IU (10.59%), Selenium: 6.91µg (9.87%), Calcium: 90.69mg (9.07%), Potassium: 286.41mg (8.18%), Copper: 0.13mg (6.35%), Vitamin E: 0.86mg (5.71%), Vitamin C: 4.49mg (5.44%), Vitamin B5: 0.29mg (2.88%), Vitamin K: 2.71µg (2.58%)