



Peanut Butter Granola

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



14

CALORIES



276 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup planters almonds sliced
- 0.3 cup brown sugar packed
- 0.5 cup creamy peanut butter
- 0.5 cup cranberries dried
- 0.5 cup honey
- 0.3 cup oil
- 3.5 cups quick-cooking oats
- 0.5 cup wheat germ

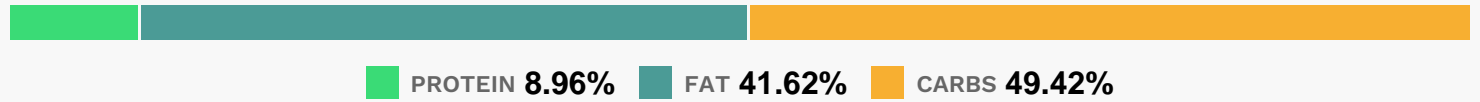
Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Heat oven to 350F.
- Microwave first 4 ingredients in large microwaveable bowl on HIGH 1 min. or until peanut butter is melted; mix well.
- Add oats and wheat germ; mix well.
- Spread onto bottom of 15x10x1-inch pan sprayed with cooking spray.
- Bake 20 to 25 min. or until lightly browned, stirring after 10 min.
- Stir in nuts and cranberries. Cool completely.

Nutrition Facts



Properties

Glycemic Index:10.09, Glycemic Load:13.2, Inflammation Score:-4, Nutrition Score:11.256956404318%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg 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: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 276.24kcal (13.81%), Fat: 13.52g (20.8%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 32.57g (11.84%), Sugar: 18.29g (20.32%), Cholesterol: 0mg (0%), Sodium: 42.46mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.09%), Manganese: 1.65mg (82.59%), Magnesium: 89.76mg (22.44%), Vitamin E: 2.85mg (18.98%), Phosphorus: 175.45mg (17.54%), Selenium: 10.83µg (15.47%), Fiber: 3.55g (14.22%), Vitamin B1: 0.21mg (13.78%), Zinc: 1.52mg (10.15%), Copper: 0.19mg (9.46%), Vitamin B3: 1.83mg (9.17%), Iron: 1.57mg (8.75%), Folate: 27.68µg (6.92%), Vitamin B6: 0.13mg (6.26%), Vitamin B2: 0.11mg (6.22%), Potassium: 198.9mg (5.68%), Vitamin K: 4.81µg (4.58%), Vitamin B5: 0.37mg (3.73%), Calcium: 28.86mg (2.89%)