



Peanut Butter-Granola Gorp



Vegetarian



Vegan



Dairy Free



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READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

425 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



0.3 cup creamy peanut butter



0.5 cup golden raisins



1 cup cereal with raisins such as kellogg's low-fat granola with raisins low-fat



0.3 cup maple-flavored syrup



32 small tiny pretzels fat-free



0.5 cup cranberries dried sweetened such as Craisins

Equipment



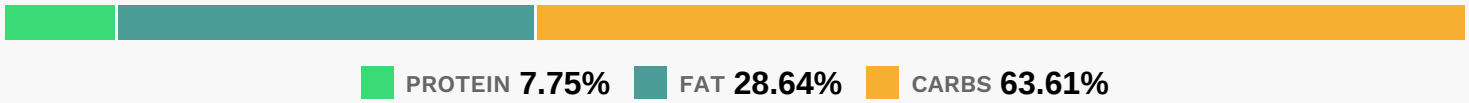
bowl

- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 30
- ☐ Combine peanut butter and syrup in a small microwave–safe bowl. Microwave at high 30 seconds or until hot; stir well.
- ☐ Place granola and pretzels in a large bowl; pour peanut butter mixture over granola mixture, stirring to coat.
- ☐ Spread mixture in a single layer on a jelly–roll pan coated with cooking spray.
- ☐ Bake at 300 for 25 minutes, stirring twice. Stir in raisins and cranberries; return pan to oven. Turn oven off; cool mixture in closed oven 30 minutes.
- ☐ Remove from oven; cool completely.

Nutrition Facts



Properties

Glycemic Index:47.54, Glycemic Load:18.21, Inflammation Score:-4, Nutrition Score:12.900434706522%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 425.16kcal (21.26%), Fat: 14.22g (21.88%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 71.04g (23.68%), Net Carbohydrates: 66.88g (24.32%), Sugar: 41.89g (46.54%), Cholesterol: 0mg (0%), Sodium: 183.19mg (7.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.32%), Manganese: 1.69mg (84.36%), Vitamin B2: 0.41mg (23.92%), Vitamin E: 3.02mg (20.14%), Phosphorus: 176.63mg (17.66%), Magnesium: 68.5mg (17.13%), Fiber: 4.16g (16.64%), Vitamin B3: 3.16mg (15.81%), Iron: 2.38mg (13.21%), Copper: 0.24mg (12.2%), Potassium: 415.04mg (11.86%), Vitamin B1: 0.17mg (11.16%), Folate: 39.26µg (9.82%), Selenium: 6.51µg (9.3%), Vitamin B6: 0.18mg (8.92%), Zinc: 1.32mg (8.78%), Calcium: 69.2mg (6.92%), Vitamin B5: 0.43mg (4.3%), Vitamin K: 3.4µg (3.24%)