



Peanutty Granola

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



93 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter melted
- 0.5 cup cranberries
- 0.5 cup baker's angel flake coconut
- 1 tsp ground mexican cinnamon (canela)
- 1 cup honey
- 3 cups old-fashioned oats
- 0.5 cup raisins

- 0.5 cup pepitas raw shelled
- 0.8 cup planters roasted peanuts dry
- 1 Tbsp vanilla

Equipment

- bowl
- oven
- aluminum foil

Directions

- Heat oven to 350F.
- Combine first 7 ingredients in large bowl.
- Add honey and butter; mix well.
- Spread into 2 foil-lined 15x10x1-inch pans.
- Bake 30 min., stirring every 10 min. Stir in raisins and cranberries.
- Bake 5 min.; cool completely.
- Break into bite-size pieces.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:5.21, Inflammation Score:-1, Nutrition Score:2.4608695704652%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 92.86kcal (4.64%), Fat: 3.59g (5.52%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 13.43g (4.88%), Sugar: 8.9g (9.89%), Cholesterol: 2.71mg (0.9%), Sodium: 20.57mg (0.89%), Alcohol: 0.1g (100%), Alcohol %: 0.53% (100%), Protein: 1.69g (3.38%), Manganese: 0.33mg (16.66%), Fiber: 1.15g (4.59%), Magnesium: 17.98mg (4.5%), Phosphorus: 44.04mg (4.4%), Selenium: 2.15µg (3.07%), Copper: 0.06mg (2.93%), Iron: 0.46mg (2.57%), Vitamin B3: 0.5mg (2.48%), Zinc: 0.36mg (2.43%), Vitamin B1: 0.03mg (2.21%), Potassium: 68.63mg (1.96%), Vitamin E: 0.21mg (1.41%), Vitamin B6: 0.03mg (1.38%), Vitamin B2: 0.02mg (1.3%), Folate: 4.93µg (1.23%), Vitamin B5: 0.12mg (1.22%)