



Pistachio Granola



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.7 cup brown sugar packed
- ☐ 0.7 cup corn flakes/bran flakes (such as Grape-Nuts)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 cups oats
- ☐ 0.7 cup pistachios chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sunflower seeds

☐ 0.7 cup cherries dried sweet

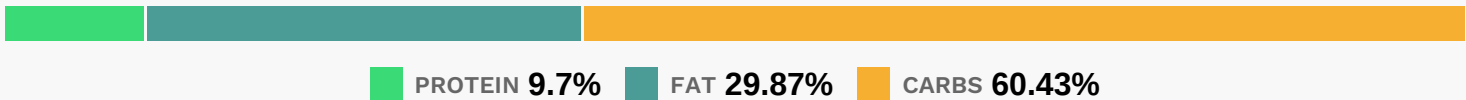
Equipment

☐ frying pan

Directions

☐ Combine sugar and cider in a large nonstick skillet; cook over medium-high heat 3 minutes or until sugar dissolves, stirring frequently. Stir in oats and remaining ingredients; cook 5 minutes or until granola is lightly browned, stirring frequently. Cool completely. Store in an airtight container up to a week.

Nutrition Facts



Properties

Glycemic Index:19.6, Glycemic Load:5.61, Inflammation Score:-5, Nutrition Score:10.8199999941017%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 239.81kcal (11.99%), Fat: 8.29g (12.76%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 37.75g (12.58%), Net Carbohydrates: 33.38g (12.14%), Sugar: 20.44g (22.71%), Cholesterol: 0mg (0%), Sodium: 79.84mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.11%), Manganese: 0.94mg (47.21%), Vitamin B1: 0.28mg (18.73%), Vitamin E: 2.64mg (17.58%), Fiber: 4.37g (17.49%), Phosphorus: 163.92mg (16.39%), Copper: 0.31mg (15.6%), Magnesium: 61.86mg (15.46%), Vitamin B6: 0.3mg (14.91%), Selenium: 10.4µg (14.85%), Iron: 2.36mg (13.11%), Folate: 42.52µg (10.63%), Zinc: 1.25mg (8.31%), Vitamin A: 391.27IU (7.83%), Vitamin B3: 1.31mg (6.57%), Potassium: 226.09mg (6.46%), Vitamin B2: 0.1mg (5.91%), Calcium: 44.4mg (4.44%), Vitamin B5: 0.35mg (3.46%), Vitamin B12: 0.13µg (2.22%)