

Power Granola



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 teaspoons canola oil
- ☐ 0.3 cup cranberries dried
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup ground flaxseed
- ☐ 0.3 cup honey
- ☐ 2 cups oats
- ☐ 0.3 cup orange juice

- ☐ 0.3 cup slivered almonds chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnut pieces chopped

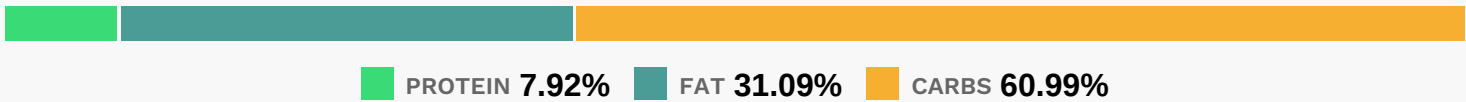
Equipment

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

Directions

- ☐ Preheat oven to 30
- ☐ Combine first 5 ingredients in a medium bowl.
- ☐ Combine orange juice, honey, and brown sugar in a small saucepan. Cook over medium heat just until sugar dissolves, stirring frequently.
- ☐ Remove from heat; stir in oil and vanilla.
- ☐ Pour honey mixture over oat mixture, stirring to coat.
- ☐ Spread mixture in a thin layer onto a jelly-roll pan coated with cooking spray.
- ☐ Bake at 300 for 10 minutes; stir well.
- ☐ Bake an additional 10 to 15 minutes or until golden brown. Spoon granola into a bowl; stir in dried cranberries. Cool completely.
- ☐ Note: Store completely cooled granola in an airtight container at room temperature for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:26.41, Glycemic Load:11.41, Inflammation Score:-4, Nutrition Score:9.7995652206566%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg 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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg 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: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 256.66kcal (12.83%), Fat: 9.29g (14.28%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 40.99g (13.66%), Net Carbohydrates: 35.87g (13.04%), Sugar: 23.42g (26.02%), Cholesterol: 0mg (0%), Sodium: 6.26mg (0.27%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 5.32g (10.64%), Manganese: 1.22mg (61.11%), Fiber: 5.12g (20.46%), Magnesium: 71.6mg (17.9%), Phosphorus: 158.14mg (15.81%), Vitamin B1: 0.23mg (15.47%), Copper: 0.27mg (13.58%), Selenium: 8.12µg (11.6%), Iron: 1.67mg (9.25%), Zinc: 1.3mg (8.66%), Vitamin E: 1.29mg (8.61%), Vitamin C: 5.35mg (6.49%), Potassium: 210.97mg (6.03%), Vitamin B2: 0.1mg (5.69%), Calcium: 53.41mg (5.34%), Folate: 20.84µg (5.21%), Vitamin B6: 0.09mg (4.46%), Vitamin B5: 0.38mg (3.81%), Vitamin B3: 0.7mg (3.49%), Vitamin K: 2.05µg (1.96%)