



Vanilla Granola

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 1 cup apple sauce
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 4 cups rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup granular sucralose sweetener with brown sugar such as splenda® brown sugar blend
- ☐ 4 teaspoons vanilla extract
- ☐ 2 tablespoons sugar white

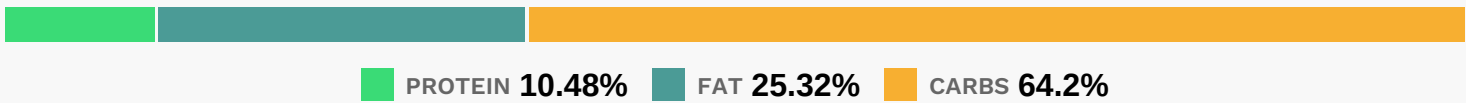
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Lightly spray large baking sheet with non-stick cooking spray.
- ☐ Mix oats, almonds, sweetener, salt, and cinnamon in a large bowl.
- ☐ Stir applesauce and sugar together in a small saucepan; bring to a simmer over medium heat and immediately remove from heat. Stir vanilla into the applesauce mixture; pour over the oats mixture and toss to coat.
- ☐ Spread the mixture onto the prepared baking dish.
- ☐ Bake until golden brown, stirring occasionally, 20 to 30 minutes.
- ☐ Place baking sheet on a cooling rack until granola is completely cooled.

Nutrition Facts



Properties

Glycemic Index:21.89, Glycemic Load:17.24, Inflammation Score:-4, Nutrition Score:12.706521697666%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg

Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg
Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 292.51kcal (14.63%), Fat: 8.42g (12.96%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 48.07g (16.02%),
Net Carbohydrates: 42.17g (15.33%), Sugar: 17.05g (18.95%), Cholesterol: 0mg (0%), Sodium: 76.04mg (3.31%),
Alcohol: 0.69g (100%), Alcohol %: 0.87% (100%), Protein: 7.84g (15.69%), Manganese: 1.76mg (87.89%), Fiber: 5.9g
(23.6%), Phosphorus: 223.22mg (22.32%), Magnesium: 88.19mg (22.05%), Vitamin E: 3.16mg (21.1%), Selenium:
12.3µg (17.57%), Vitamin B1: 0.22mg (14.55%), Copper: 0.29mg (14.36%), Iron: 2.23mg (12.39%), Zinc: 1.85mg
(12.32%), Vitamin B2: 0.21mg (12.09%), Potassium: 257.43mg (7.36%), Calcium: 54.16mg (5.42%), Vitamin B5:
0.52mg (5.21%), Folate: 18.95µg (4.74%), Vitamin B3: 0.91mg (4.53%), Vitamin B6: 0.07mg (3.26%)