



## Cereal-Almond Brittle

 Dairy Free

READY IN



70 min.

SERVINGS



14

CALORIES



213 kcal

DESSERT

### Ingredients

- 1 cup almonds sliced
- 0.3 cup brown sugar packed
- 0.5 cup butter
- 2 cups corn flakes/bran flakes
- 0.3 cup maple syrup
- 2 cups rolled oats
- 2 cups buttered toast

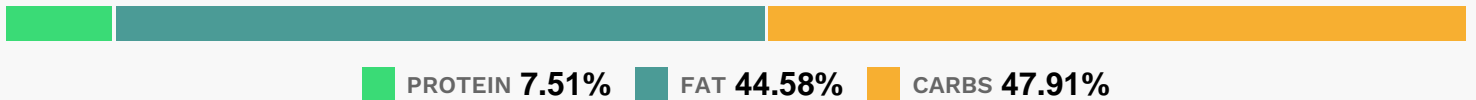
### Equipment

- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil
- spatula

## Directions

- Heat oven to 300F. Line 1 large (17x14-inch) cookie sheet or 2 (15x10x1-inch) pans with foil; spray foil with cooking spray. In large bowl, mix both cereals, the oats and almonds; set aside.
- In 1-quart saucepan, heat butter, brown sugar and syrup over medium heat, stirring frequently, until butter is melted and mixture boils.
- Pour over cereal mixture; stir until well coated.
- Spread mixture evenly on cookie sheet with rubber spatula until about 1/2 inch thick.
- Bake 35 to 40 minutes or until almonds are golden brown. Cool completely, about 15 minutes. Break into pieces with fingers. Store in tightly covered container.

## Nutrition Facts



## Properties

Glycemic Index:11.34, Glycemic Load:7.18, Inflammation Score:-6, Nutrition Score:9.7143478297993%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 213.45kcal (10.67%), Fat: 10.94g (16.83%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 23.25g (8.46%), Sugar: 10.17g (11.3%), Cholesterol: 0.06mg (0.02%), Sodium: 147.92mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Manganese: 0.98mg (49.02%), Vitamin B2: 0.29mg (17.35%), Iron: 2.59mg (14.37%), Vitamin E: 2.04mg (13.61%), Folate: 51.52µg (12.88%), Fiber: 3.2g (12.79%), Magnesium: 50.69mg (12.67%), Selenium: 8.66µg (12.37%), Vitamin B1: 0.17mg (11.57%), Phosphorus: 113.4mg (11.34%), Vitamin A: 432.92IU (8.66%), Vitamin B3: 1.59mg (7.93%), Copper: 0.15mg (7.61%), Zinc: 1.01mg (6.74%), Vitamin B6: 0.12mg (6.21%), Vitamin B12: 0.3µg (4.92%), Calcium: 47.91mg (4.79%), Potassium: 154.86mg (4.42%), Vitamin B5: 0.24mg (2.4%), Vitamin D: 0.19µg (1.26%)