



Cereal-Almond Brittle

 Dairy Free

READY IN



70 min.

SERVINGS



14

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 cups cheerios cheerios®
- ☐ 2 cups cinnamon cinnamon toast crunch®
- ☐ 0.3 cup maple syrup
- ☐ 2 cups oats

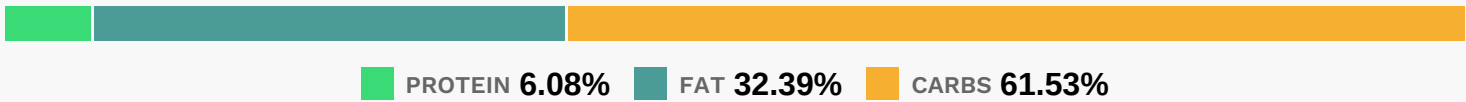
Equipment

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

Directions

- ☐ Heat oven to 300°F. 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:6.54, Glycemic Load:5.08, Inflammation Score:-6, Nutrition Score:17.370434761047%

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: 270.51kcal (13.53%), Fat: 11.18g (17.2%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 47.79g (15.93%), Net Carbohydrates: 27.55g (10.02%), Sugar: 9.67g (10.75%), Cholesterol: 0mg (0%), Sodium: 97.29mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Manganese: 6.76mg (337.95%), Fiber: 20.24g (80.96%), Calcium: 387.12mg (38.71%), Iron: 4.45mg (24.73%), Vitamin E: 2.78mg (18.52%), Magnesium: 59.63mg (14.91%), Vitamin B2: 0.21mg (12.36%), Copper: 0.24mg (12.05%), Phosphorus: 113.46mg (11.35%), Zinc: 1.7mg (11.35%), Vitamin K: 10.84µg (10.32%), Vitamin A: 488.73IU (9.77%), Potassium: 280.64mg (8.02%), Vitamin B1: 0.12mg (7.94%), Selenium: 5.46µg (7.8%), Folate: 30.17µg (7.54%), Vitamin B3: 1.37mg (6.84%), Vitamin B6: 0.13mg (6.5%), Vitamin B12: 0.21µg (3.52%), Vitamin B5: 0.33mg (3.26%), Vitamin C: 1.94mg (2.35%)