



 **49%**
HEALTH SCORE

Homemade Muesli Breakfast Cereal

 Vegetarian  Dairy Free

READY IN



90 min.

SERVINGS



2

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 handful apples
- 0.3 cup corn flakes/bran flakes
- 0.3 cup corn flakes/bran flakes
- 1 handful walnuts
- 1 handful apricots
- 1 tablespoon honey
- 1 tablespoon olive oil
- 0.3 cup rolled oats uncooked quick

- 1 teaspoon sesame seed
- 1 tablespoon wheat bran
- 1 tablespoon wheat germ

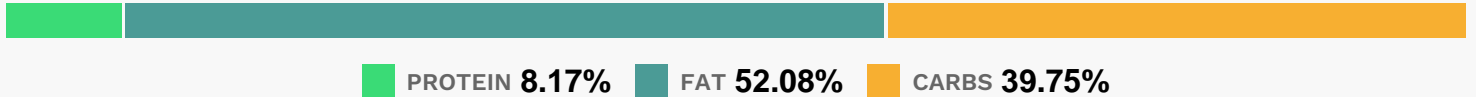
Equipment

- bowl
- oven

Directions

- Preheat the oven to 250 degrees F.
- Mix the olive oil and honey in a bowl and warm slightly
- In a oven-proof dish, mix all the other ingredients and pour in the warmed oil-honey mixture. Give it a brisk stir and pop into the oven for 30 minutes, stirring now and then.
- Remove from the oven and cool for an hour.

Nutrition Facts



Properties

Glycemic Index:203.72, Glycemic Load:12.3, Inflammation Score:-6, Nutrition Score:18.192173913043%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 95.4%, Saltiness: 13.92%, Sourness: 10.42%, Bitterness: 30.43%, Savoriness: 17.83%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 295.21kcal (14.76%), Fat: 18.73g (28.82%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 32.17g (10.72%), Net Carbohydrates: 24.62g (8.95%), Sugar: 11.1g (12.34%), Cholesterol: 0mg (0%), Sodium: 56.07mg (2.44%), Protein: 6.61g (13.23%), Manganese: 2.49mg (124.32%), Fiber: 7.55g (30.19%), Magnesium: 116.13mg (29.03%), Iron: 4.85mg (26.97%), Folate: 99.45µg (24.86%), Selenium: 17.26µg (24.65%), Phosphorus: 243.06mg (24.31%), Copper: 0.47mg (23.45%), Vitamin B1: 0.33mg (21.76%), Vitamin B6: 0.4mg (20.17%), Vitamin B3: 3.21mg (16.03%), Zinc: 2.31mg (15.4%), Vitamin B2: 0.24mg (14.2%), Vitamin E: 1.35mg (9%), Vitamin B12: 0.5µg (8.33%), Potassium: 279.95mg (8%), Vitamin A: 263.66IU (5.27%), Vitamin B5: 0.52mg (5.18%), Vitamin K: 5.13µg (4.89%), Calcium: 41.39mg (4.14%), Vitamin D: 0.33µg (2.2%)