



## Golden Honey Granola

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



18

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 cup unblanched almonds sliced
- 3 cups wheat bran flakes cereal (such as Bran Flakes)
- 1 teaspoon cinnamon
- 0.8 cup golden raisins mixed dried
- 0.1 teaspoon ground cloves
- 0.5 cup honey
- 3 cups regular oats
- 0.1 teaspoon salt

1 tablespoon vegetable oil

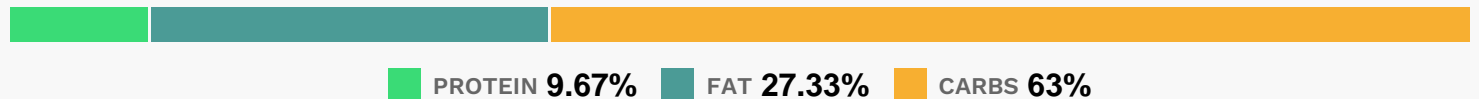
## Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- wire rack

## Directions

- Preheat oven to 32
- Spread oats and almonds evenly in a single layer on an ungreased baking sheet.
- Bake 10 minutes. Stir well; continue to bake until lightly toasted, about 5 minutes.
- Meanwhile, combine the honey, oil, cinnamon, salt, and cloves in a large bowl.
- Add the warm, toasted, oat mixture to bowl; toss well. Line the previously used baking sheet with parchment paper, or coat with cooking spray. Return the mixture to the pan, and bake 20 minutes or until golden brown. Cool completely in the pan on a wire rack.
- Break the oat mixture into chunks; toss with the cereal and the raisins. Store tightly covered at room temperature up to 2 weeks.

## Nutrition Facts



## Properties

Glycemic Index:11.7, Glycemic Load:10.49, Inflammation Score:-5, Nutrition Score:9.0434781818286%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin:

0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 147.35kcal (7.37%), Fat: 4.77g (7.34%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 21.15g (7.69%), Sugar: 10.17g (11.29%), Cholesterol: 0mg (0%), Sodium: 53.61mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Manganese: 0.91mg (45.42%), Iron: 2.75mg (15.26%), Fiber: 3.58g (14.3%), Folate: 51.76µg (12.94%), Magnesium: 51.43mg (12.86%), Phosphorus: 115.58mg (11.56%), Vitamin E: 1.71mg (11.37%), Selenium: 7.74µg (11.06%), Vitamin B2: 0.19mg (11.01%), Vitamin B1: 0.16mg (10.83%), Copper: 0.16mg (7.81%), Vitamin B3: 1.5mg (7.52%), Zinc: 1.05mg (6.97%), Vitamin B6: 0.14mg (6.96%), Vitamin B12: 0.33µg (5.56%), Potassium: 144.98mg (4.14%), Vitamin A: 167.24IU (3.34%), Calcium: 30.46mg (3.05%), Vitamin B5: 0.25mg (2.51%), Vitamin K: 2.07µg (1.97%), Vitamin D: 0.22µg (1.47%)