

Green Tea Granola

 Vegetarian  Dairy Free

READY IN



120 min.

SERVINGS



20

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup brown sugar packed
- 1 cup cashew pieces
- 6 cups corn flakes/bran flakes fiber honey clusters®
- 2 tablespoons honey
- 0.5 cup mangos dried chopped
- 1 cup sesame seed
- 0.5 cup cranberries dried sweetened
- 0.5 cup tea green hot per 1/2 cup water) brewed

2 tablespoons vegetable oil

Equipment

bowl

frying pan

sauce pan

oven

Directions

Heat oven to 250F. Spray 15x10x1-inch pan with cooking spray. In large bowl, mix cereal, cashews and sesame sticks.

In 1-quart saucepan, mix brown sugar, tea, honey and oil. Cook over medium heat 3 to 4 minutes, stirring constantly, until brown sugar is melted.

Pour mixture over cereal; toss to coat well.

Spread mixture in pan.

Bake 30 minutes. Stir well.

Bake 10 minutes longer. Stir in mangoes and cranberries. Cool completely in pan, about 1 hour. Store in tightly covered container.

Nutrition Facts



PROTEIN 8.67% **FAT 42.82%** **CARBS 48.51%**

Properties

Glycemic Index:11.82, Glycemic Load:7.32, Inflammation Score:-7, Nutrition Score:12.329565255538%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Theaflavin: 0.09mg, Theaflavin: 0.09mg, Theaflavin: 0.09mg, Theaflavin: 0.09mg Thearubigins: 4.8mg, Thearubigins: 4.8mg, Thearubigins: 4.8mg, Thearubigins: 4.8mg

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Theaflavin-3,3'-digallate: 0.1mg, Theaflavin-3,3'-digallate: 0.1mg, Theaflavin-3,3'-digallate: 0.1mg, Theaflavin-3,3'-digallate: 0.1mg Theaflavin-3'-gallate: 0.09mg, Theaflavin-3'-gallate: 0.09mg, Theaflavin-3'-gallate: 0.09mg, Theaflavin-3'-gallate: 0.09mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 158.73kcal (7.94%), Fat: 8.21g (12.64%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 17.42g (6.33%), Sugar: 9.79g (10.88%), Cholesterol: 0mg (0%), Sodium: 67.62mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Manganese: 0.75mg (37.32%), Iron: 4.93mg (27.39%), Copper: 0.52mg (25.84%), Folate: 91.07µg (22.77%), Magnesium: 73.64mg (18.41%), Vitamin B1: 0.24mg (16.28%), Vitamin B6: 0.3mg (14.89%), Selenium: 10.26µg (14.65%), Fiber: 3.52g (14.1%), Phosphorus: 140.38mg (14.04%), Vitamin B3: 2.46mg (12.3%), Vitamin B2: 0.19mg (11.43%), Zinc: 1.57mg (10.45%), Vitamin B12: 0.6µg (10%), Calcium: 83.93mg (8.39%), Vitamin A: 345.31IU (6.91%), Vitamin K: 5.27µg (5.02%), Potassium: 156.98mg (4.49%), Vitamin D: 0.4µg (2.64%), Vitamin E: 0.38mg (2.54%), Vitamin C: 1.55mg (1.88%), Vitamin B5: 0.18mg (1.84%)