



## Green Tea-Honey Nut Granola

 Vegetarian  Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

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

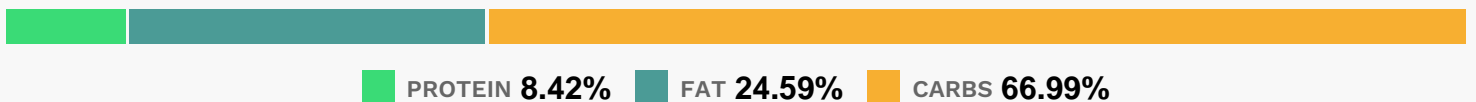
## Equipment

- bowl
- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 300°F. Spray 15x10x1-inch pan with cooking spray. In large bowl, mix cereal, cashews and pecans.
- In 1-quart saucepan, heat brown sugar, tea and honey over medium heat 3 to 4 minutes, stirring constantly, until brown sugar is melted.
- Pour over cereal mixture; toss until well coated.
- Spread in pan.
- Bake 45 minutes, stirring well every 15 minutes.
- Bake 10 to 15 minutes longer or until crisp and glazed. Stir in mangoes and cranberries. Cool completely, about 15 minutes. (
- Mixture will crisp as it cools.) Store tightly covered at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:14.17, Glycemic Load:8.77, Inflammation Score:-7, Nutrition Score:11.27434775622%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg

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## Nutrients (% of daily need)

Calories: 129.66kcal (6.48%), Fat: 3.91g (6.02%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 20.68g (7.52%), Sugar: 12.21g (13.57%), Cholesterol: 0mg (0%), Sodium: 83.5mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.03%), Manganese: 0.7mg (35.12%), Iron: 4.8mg (26.66%), Folate: 104.74µg (26.18%), Vitamin B1: 0.23mg (15.4%), Vitamin B6: 0.3mg (14.91%), Magnesium: 59.14mg (14.79%), Selenium: 9.6µg (13.71%), Vitamin B3: 2.65mg (13.26%), Fiber: 3.3g (13.2%), Copper: 0.26mg (13.17%), Vitamin B2: 0.22mg (12.93%), Vitamin B12: 0.75µg (12.5%), Phosphorus: 116.5mg (11.65%), Vitamin A: 430.79IU (8.62%), Zinc: 1.23mg (8.22%), Potassium: 152.35mg (4.35%), Vitamin D: 0.5µg (3.3%), Vitamin K: 3.46µg (3.3%), Vitamin C: 1.94mg (2.35%), Vitamin B5: 0.23mg (2.25%), Vitamin E: 0.31mg (2.09%), Calcium: 13.5mg (1.35%)