

Green Tea-Honey Nut Granola

 Vegetarian  Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Heat oven to 300F. 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:13.22, Glycemic Load:8.51, Inflammation Score:-7, Nutrition Score:10.999565285185%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg

Epigallocatechin 3-gallate: 0.76mg Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg
Thearubigins: 6mg, Thearubigins: 6mg, Thearubigins: 6mg, Thearubigins: 6mg Kaempferol: 0.11mg, Kaempferol:
0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin:
0.13mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg Theaflavin-3,3'-digallate:
0.13mg, Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg
Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate:
0.11mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 128.75kcal (6.44%), Fat: 4.37g (6.72%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 23.19g (7.73%), Net
Carbohydrates: 19.73g (7.17%), Sugar: 12.1g (13.44%), Cholesterol: 0mg (0%), Sodium: 83.01mg (3.61%), Alcohol: 0g
(0%), Alcohol %: 0% (0%), Protein: 2.56g (5.13%), Manganese: 0.77mg (38.74%), Folate: 104.41µg (26.1%), Iron:
4.61mg (25.6%), Vitamin B1: 0.23mg (15.63%), Vitamin B6: 0.29mg (14.4%), Fiber: 3.46g (13.85%), Vitamin B3:
2.65mg (13.23%), Vitamin B2: 0.22mg (13.02%), Magnesium: 51.12mg (12.78%), Selenium: 8.91µg (12.73%), Vitamin
B12: 0.75µg (12.5%), Copper: 0.21mg (10.6%), Phosphorus: 101.17mg (10.12%), Vitamin A: 432.52IU (8.65%), Zinc:
1.14mg (7.6%), Potassium: 138.42mg (3.95%), Vitamin D: 0.5µg (3.3%), Vitamin C: 1.95mg (2.37%), Vitamin B5:
0.22mg (2.17%), Vitamin E: 0.32mg (2.14%), Vitamin K: 2.2µg (2.09%), Calcium: 14.18mg (1.42%)