



## Honey Graham Muesli

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 Tbsp planters almonds toasted sliced
- 1 cup apples finely chopped
- 2 Tbsp apricots dried finely chopped
- 2 graham crackers low-fat
- 6 oz vanilla yogurt low-fat
- 1 Tbsp raisins

### Equipment

- bowl

## Directions

- Combine first 4 ingredients.
- Spoon half evenly into 2 small bowls; top with layers of yogurt, apples and remaining graham mixture.
- Serve immediately.

## Nutrition Facts

**PROTEIN 11.04%** **FAT 21.4%** **CARBS 67.56%**

## Properties

Glycemic Index:67.1, Glycemic Load:8.26, Inflammation Score:-6, Nutrition Score:9.7195652930633%

## Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 4.77mg, Epicatechin: 4.77mg, Epicatechin: 4.77mg, Epicatechin: 4.77mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

## Nutrients (% of daily need)

Calories: 274.69kcal (13.73%), Fat: 6.95g (10.7%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 49.4g (16.47%), Net Carbohydrates: 45.06g (16.39%), Sugar: 30.18g (33.53%), Cholesterol: 4.25mg (1.42%), Sodium: 146.26mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.07g (16.14%), Vitamin E: 3.33mg (22.2%), Vitamin B2: 0.33mg (19.16%), Calcium: 186.31mg (18.63%), Phosphorus: 185.91mg (18.59%), Fiber: 4.34g (17.36%), Potassium: 559.75mg (15.99%), Manganese: 0.31mg (15.43%), Magnesium: 50.71mg (12.68%), Vitamin A: 603.09IU (12.06%), Copper: 0.2mg (10.21%), Vitamin B12: 0.45µg (7.51%), Zinc: 1.11mg (7.43%), Selenium: 4.95µg (7.07%), Vitamin B5: 0.63mg (6.34%), Iron: 1.09mg (6.07%), Vitamin B6: 0.11mg (5.64%), Vitamin B1: 0.08mg (5.16%), Vitamin C: 4.11mg (4.98%), Vitamin B3: 0.98mg (4.88%), Folate: 17.33µg (4.33%), Vitamin K: 1.92µg (1.83%)