



 **79%**
HEALTH SCORE

Muesli

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



8

CALORIES



377 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup brown sugar packed
- 0.5 cup oat bran
- 1 cup raisins
- 0.3 cup sunflower seeds raw
- 4.5 cups rolled oats
- 0.5 cup walnuts chopped
- 0.5 cup wheat bran
- 0.5 cup wheat germ toasted

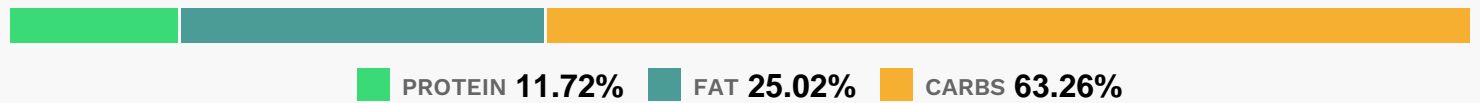
Equipment

mixing bowl

Directions

- In a large mixing bowl combine oats, wheat germ, wheat bran, oat bran, dried fruit, nuts, sugar, and seeds.
- Mix well. Store muesli in an airtight container. It keeps for 2 months at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.41, Glycemic Load:20.75, Inflammation Score:-6, Nutrition Score:20.453043370791%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 377.06kcal (18.85%), Fat: 11.37g (17.5%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 64.71g (21.57%), Net Carbohydrates: 54.37g (19.77%), Sugar: 7.54g (8.38%), Cholesterol: 0mg (0%), Sodium: 11.49mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.99%), Manganese: 3.83mg (191.74%), Fiber: 10.34g (41.38%), Phosphorus: 405.98mg (40.6%), Selenium: 27.85µg (39.78%), Magnesium: 151.11mg (37.78%), Vitamin B1: 0.56mg (37.27%), Copper: 0.55mg (27.58%), Zinc: 3.51mg (23.4%), Iron: 4.13mg (22.94%), Vitamin B6: 0.33mg (16.55%), Potassium: 532.37mg (15.21%), Folate: 58.84µg (14.71%), Vitamin E: 1.85mg (12.3%), Vitamin B2: 0.2mg (11.93%), Vitamin B3: 2.2mg (11.02%), Vitamin B5: 0.97mg (9.7%), Calcium: 54.73mg (5.47%), Vitamin C: 1.13mg (1.37%), Vitamin K: 1.42µg (1.35%)