

Orange Breakfast Crunch Topping

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter cubed
- 0.5 teaspoon ground cinnamon
- 1 tablespoon orange zest grated
- 1.5 cups wheat germ toasted

Equipment

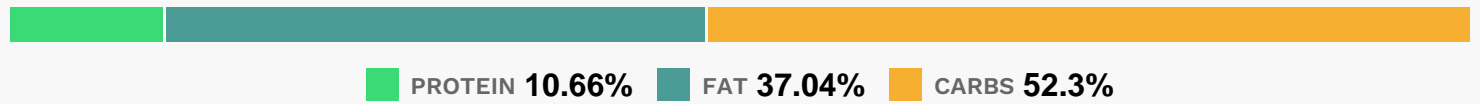
- sauce pan
- oven

baking pan

Directions

- In a greased 8-in. square baking dish, combine the wheat germ, orange peel and cinnamon; set aside. In a small saucepan, heat brown sugar and butter until butter is melted.
- Pour over wheat germ mixture; stir to coat.
- Bake at 275° for 20–30 minutes or until browned, stirring every 10 minutes. Cool, stirring occasionally. Store, covered, in refrigerator.
- Serve with oatmeal, fruit or waffles.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:11.110869513906%

Nutrients (% of daily need)

Calories: 145.42kcal (7.27%), Fat: 6.28g (9.66%), Saturated Fat: 3.2g (20.03%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 17.57g (6.39%), Sugar: 10.68g (11.86%), Cholesterol: 12.2mg (4.07%), Sodium: 41.67mg (1.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Manganese: 2.32mg (115.95%), Vitamin B1: 0.33mg (21.71%), Selenium: 13.86µg (19.8%), Phosphorus: 147.24mg (14.72%), Zinc: 2.13mg (14.21%), Folate: 48.94µg (12.23%), Vitamin B6: 0.23mg (11.51%), Magnesium: 42.52mg (10.63%), Fiber: 2.39g (9.57%), Copper: 0.14mg (7.17%), Iron: 1.17mg (6.51%), Vitamin B3: 1.2mg (5.98%), Vitamin B2: 0.09mg (5.21%), Potassium: 171.57mg (4.9%), Vitamin B5: 0.41mg (4.13%), Vitamin A: 144.63IU (2.89%), Calcium: 19.19mg (1.92%)