



Quick Stovetop Granola

READY IN



15 min.

SERVINGS



10

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons brown sugar light
- ☐ 2 cups cranberry-vanilla trail mix nutlike cereal nuggets

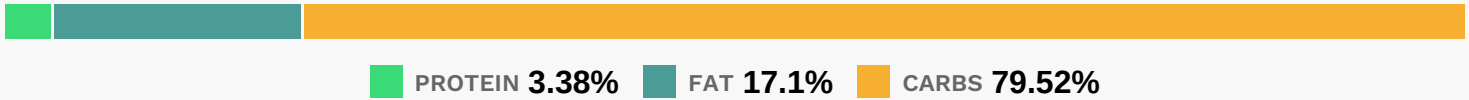
Equipment

- ☐ frying pan
- ☐ wax paper

Directions

- ☐ Cook sugar and butter in a large skillet over medium-high heat, stirring often, 2 minutes or until butter is melted and sugar is dissolved. Stir in honey until blended. Stir in cereal; cook, stirring often, 2 to 3 minutes or until cereal is lightly browned.
- ☐ Pour mixture onto a wax paper-lined jelly-roll pan; spread in an even layer.
- ☐ Let cool 20 minutes. Store in an airtight container up to 1 week.
- ☐ Note: For testing purposes only, we used Post Trail
- ☐ Mix Crunch Cranberry Vanilla Cereal.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:0.9, Inflammation Score:-1, Nutrition Score:2.3743478088113%

Nutrients (% of daily need)

Calories: 144.49kcal (7.22%), Fat: 2.79g (4.29%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 28.85g (10.49%), Sugar: 17.59g (19.54%), Cholesterol: 4.51mg (1.51%), Sodium: 218.34mg (9.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Phosphorus: 99.81mg (9.98%), Calcium: 68mg (6.8%), Folate: 20.72µg (5.18%), Vitamin B1: 0.06mg (4.26%), Vitamin B2: 0.07mg (3.84%), Selenium: 2.61µg (3.73%), Vitamin B3: 0.71mg (3.54%), Iron: 0.61mg (3.38%), Manganese: 0.06mg (3.21%), Vitamin E: 0.3mg (2.03%), Fiber: 0.33g (1.31%), Copper: 0.03mg (1.31%), Vitamin A: 52.48IU (1.05%)