



WHATSheATE



Apple & Almond Muesli



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



1

CALORIES



457 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



2 tablespoons almonds sliced



1 apples cored chopped



2 teaspoons honey



0.5 cup milk 1% low-fat



0.5 cup old-fashioned rolled oats

Equipment

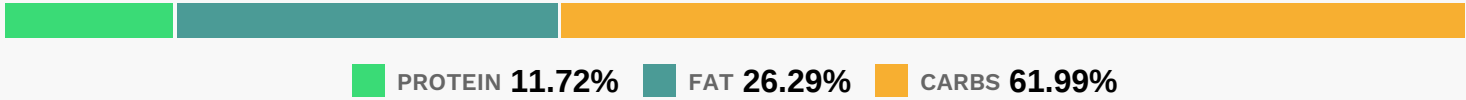


bowl

Directions

- ☐ Combine oats and milk in a small bowl; let stand 7 minutes.
- ☐ Stir in apple, almonds, and honey.

Nutrition Facts



Properties

Glycemic Index:134.27, Glycemic Load:22.18, Inflammation Score:-7, Nutrition Score:21.950434664021%

Flavonoids

Cyanidin: 3.35mg, Cyanidin: 3.35mg, Cyanidin: 3.35mg, Cyanidin: 3.35mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 13.82mg, Epicatechin: 13.82mg, Epicatechin: 13.82mg, Epicatechin: 13.82mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 457.39kcal (22.87%), Fat: 14.05g (21.62%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 74.54g (24.85%), Net Carbohydrates: 63.55g (23.11%), Sugar: 37.55g (41.72%), Cholesterol: 5.9mg (1.97%), Sodium: 51.03mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.09g (28.19%), Manganese: 2.01mg (100.35%), Fiber: 10.99g (43.96%), Phosphorus: 404.54mg (40.45%), Vitamin E: 5.64mg (37.61%), Magnesium: 133.49mg (33.37%), Vitamin B2: 0.51mg (29.92%), Calcium: 235.32mg (23.53%), Vitamin B1: 0.33mg (21.71%), Selenium: 15.13µg (21.61%), Copper: 0.42mg (20.99%), Potassium: 683mg (19.51%), Zinc: 2.71mg (18.07%), Iron: 2.74mg (15.23%), Vitamin B12: 0.72µg (12%), Vitamin B5: 1.09mg (10.94%), Vitamin B6: 0.22mg (10.84%), Vitamin C: 8.44mg (10.23%), Vitamin D: 1.3µg (8.65%), Vitamin B3: 1.49mg (7.47%), Folate: 29.87µg (7.47%), Vitamin A: 329.76IU (6.6%), Vitamin K: 4.93µg (4.7%)