



Apple & sultana porridge



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 100 g oatmeal
- ☐ 500 ml skim milk
- ☐ 4 apples diced cored
- ☐ 100 g golden raisins
- ☐ 1 tbsp brown sugar

Equipment

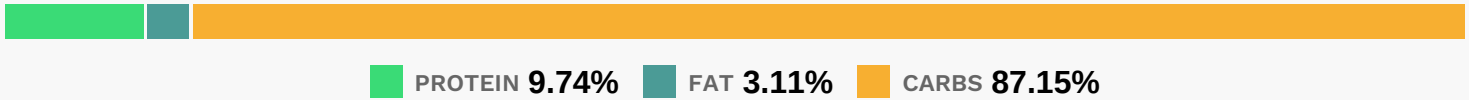
- ☐ bowl
- ☐ frying pan

ladle

Directions

Put the oats and milk in a small pan and cook, stirring, for 3 mins until almost creamy. Stir in the apples and sultanas, then cook for 2 mins more or until the porridge is thick and creamy and the apples just tender. Ladle into bowls, sprinkle with sugar and eat immediately.

Nutrition Facts



Properties

Glycemic Index:45.6, Glycemic Load:21, Inflammation Score:-5, Nutrition Score:9.913913032283%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg 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 Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

Nutrients (% of daily need)

Calories: 243.3kcal (12.17%), Fat: 0.91g (1.4%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 57.27g (19.09%), Net Carbohydrates: 51.48g (18.72%), Sugar: 43.24g (48.04%), Cholesterol: 3.88mg (1.29%), Sodium: 59.73mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Fiber: 5.79g (23.17%), Phosphorus: 206.65mg (20.66%), Calcium: 199.78mg (19.98%), Potassium: 618.9mg (17.68%), Vitamin B2: 0.27mg (15.8%), Manganese: 0.29mg (14.58%), Vitamin B12: 0.75µg (12.51%), Vitamin B6: 0.23mg (11.65%), Vitamin C: 9.17mg (11.12%), Magnesium: 40.4mg (10.1%), Vitamin D: 1.42µg (9.49%), Vitamin B1: 0.12mg (8.3%), Copper: 0.16mg (8.12%), Vitamin A: 362.35IU (7.25%), Vitamin B5: 0.69mg (6.9%), Zinc: 0.99mg (6.57%), Selenium: 4.15µg (5.93%), Iron: 0.91mg (5.07%), Vitamin K: 4.95µg (4.72%), Vitamin B3: 0.66mg (3.32%), Folate: 10.33µg (2.58%), Vitamin E: 0.38mg (2.52%)