



Berried Treasure Pots



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



589 kcal

SIDE DISH

Ingredients

- ☐ 411 g apricots drained chopped canned tinned (approx)
- ☐ 25 g butter
- ☐ 2 tbsp golden syrup
- ☐ 300 g raspberries drained canned tinned (approx)
- ☐ 425 g rice pudding canned tinned (approx)
- ☐ 410 g strawberries drained canned tinned (approx)

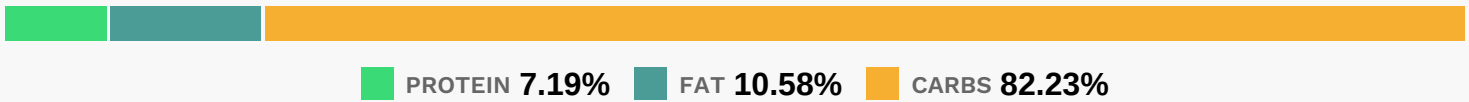
Equipment

- ☐ frying pan

Directions

- ☐ Slowly melt 25g butter with 30ml (2 tablespoon) golden syrup in a pan.
- ☐ Add 100g muesli, mix and set aside to cool. The original recipe called for 1 tbsp of syrup, but we felt it needed more.
- ☐ Divide all the chopped apricots (from a 411g can) evenly between 4 glasses or sundae glass. Cover each apricot layer with a tablespoon of rice pudding from a 425g can.
- ☐ Add a layer of drained strawberries (from a 410g can) followed by a tablespoon of rice pudding. Then add 1 x 300g can drained raspberries, followed by a layer of rice pudding.
- ☐ Divide the muesli topping evenly between the four glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:70.46, Glycemic Load:63.9, Inflammation Score:-9, Nutrition Score:22.859130452509%

Flavonoids

Cyanidin: 36.05mg, Cyanidin: 36.05mg, Cyanidin: 36.05mg, Cyanidin: 36.05mg Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 26.21mg, Pelargonidin: 26.21mg, Pelargonidin: 26.21mg, Pelargonidin: 26.21mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 7.94mg, Catechin: 7.94mg, Catechin: 7.94mg, Catechin: 7.94mg Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg Epicatechin: 7.94mg, Epicatechin: 7.94mg, Epicatechin: 7.94mg, Epicatechin: 7.94mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 588.95kcal (29.45%), Fat: 6.97g (10.72%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 121.87g (40.62%), Net Carbohydrates: 111.5g (40.55%), Sugar: 26.67g (29.63%), Cholesterol: 13.44mg (4.48%), Sodium: 48.3mg (2.1%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.65g (21.31%), Vitamin C: 90.19mg (109.33%), Manganese: 2.13mg (106.66%), Vitamin A: 2172.2IU (43.44%), Fiber: 10.36g (41.45%), Selenium: 16.77µg (23.96%), Copper: 0.43mg (21.53%), Phosphorus: 193.67mg (19.37%), Potassium: 659.89mg (18.85%), Vitamin B5: 1.71mg (17.06%), Magnesium: 66.79mg (16.7%), Vitamin B6: 0.32mg (15.97%), Vitamin B3: 3.16mg (15.82%), Folate: 58.28µg (14.57%), Vitamin E: 2.13mg (14.17%), Zinc: 1.83mg (12.19%), Iron: 2.19mg (12.17%), Vitamin K: 12.04µg (11.47%), Vitamin B1: 0.15mg (10.27%), Vitamin B2: 0.15mg (8.61%), Calcium: 79.76mg (7.98%)