



Berry Breakfast Quinoa

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup milk
- 12 oz peaches french yoplait®
- 4 teaspoons chia seeds
- 0.3 cup quinoa cooled cooked uncooked
- 2 cups berries mixed fresh chopped (berries or peaches)
- 0.3 cup almonds toasted coarsely chopped
- 0.1 teaspoon ground cinnamon

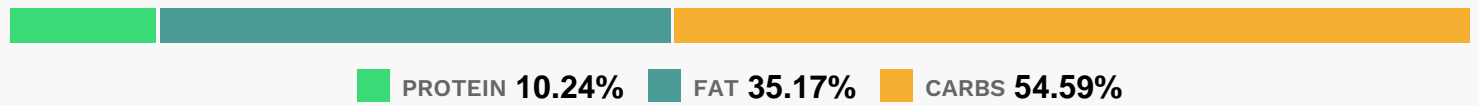
Equipment

bowl

Directions

- In medium bowl, stir together milk, yogurt and chia seed until blended. Evenly divide mixture among 4 glasses. Spoon 1/4 cup cooled cooked quinoa on top of yogurt layer on each.
- Top each with a layer of fruit and almonds.
- Sprinkle with cinnamon.
- Let stand 5 minutes, or cover and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:36.56, Glycemic Load:4.43, Inflammation Score:-6, Nutrition Score:9.7447826344034%

Flavonoids

Cyanidin: 5.23mg, Cyanidin: 5.23mg, Cyanidin: 5.23mg, Cyanidin: 5.23mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 169.61kcal (8.48%), Fat: 7.13g (10.96%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 18.67g (6.79%), Sugar: 14.91g (16.57%), Cholesterol: 1.83mg (0.61%), Sodium: 19.17mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Manganese: 0.56mg (28.17%), Fiber: 6.22g (24.87%), Vitamin E: 3.38mg (22.55%), Vitamin K: 15.33µg (14.6%), Magnesium: 57.48mg (14.37%), Phosphorus: 137.64mg (13.76%), Copper: 0.24mg (12.17%), Vitamin B2: 0.2mg (11.62%), Vitamin B3: 1.83mg (9.15%), Calcium:

80.23mg (8.02%), Potassium: 270.43mg (7.73%), Vitamin B1: 0.11mg (7.28%), Selenium: 5.05µg (7.22%), Iron: 1.25mg (6.93%), Vitamin A: 340.63IU (6.81%), Vitamin C: 5.49mg (6.66%), Zinc: 0.9mg (6.01%), Folate: 21.28µg (5.32%), Vitamin B6: 0.1mg (5.14%), Vitamin B5: 0.33mg (3.26%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.12%)