

## Best Bircher Muesli



Vegetarian



Gluten Free

READY IN



485 min.

SERVINGS



4

CALORIES



324 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 3 tablespoons honey
- ☐ 1.5 cups yogurt plain
- ☐ 3 tablespoons raisins
- ☐ 2 cups rolled oats
- ☐ 1.3 cups soy milk

### Equipment

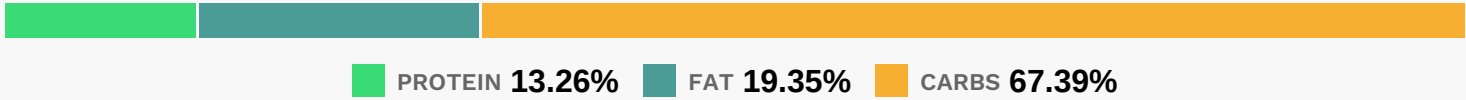
- ☐ bowl

# Directions

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In a large glass bowl, stir together the oats, raisins, honey, yogurt and soy milk. Cover and refrigerate overnight before serving.

## Nutrition Facts



## Properties

Glycemic Index:50.87, Glycemic Load:22.41, Inflammation Score:-6, Nutrition Score:16.871304374674%

## Nutrients (% of daily need)

Calories: 324.06kcal (16.2%), Fat: 7.16g (11.01%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 56.08g (18.69%), Net Carbohydrates: 50.89g (18.51%), Sugar: 19.48g (21.64%), Cholesterol: 11.94mg (3.98%), Sodium: 85.35mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.08%), Manganese: 1.52mg (75.9%), Phosphorus: 262.57mg (26.26%), Calcium: 239.59mg (23.96%), Selenium: 15.63µg (22.32%), Vitamin B2: 0.37mg (21.56%), Fiber: 5.19g (20.74%), Vitamin B12: 1.14µg (18.94%), Vitamin B1: 0.27mg (18.1%), Magnesium: 70.66mg (17.67%), Vitamin B3: 3.1mg (15.48%), Zinc: 2.25mg (15%), Copper: 0.3mg (14.86%), Potassium: 494.15mg (14.12%), Vitamin E: 2.08mg (13.89%), Iron: 2.49mg (13.82%), Vitamin B6: 0.27mg (13.34%), Folate: 43.66µg (10.91%), Vitamin B5: 0.83mg (8.27%), Vitamin C: 6.46mg (7.82%), Vitamin A: 380.79IU (7.62%), Vitamin D: 0.98µg (6.51%)