



Blueberry Bircher pots



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 1 small apples
- ☐ 2 tbsp oats whole
- ☐ 2 tbsp yogurt low-fat
- ☐ 1 serving blueberries

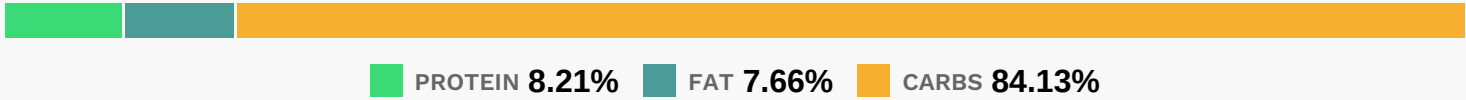
Equipment

- ☐ pot

Directions

- ☐ Grate 1 small apple and mix with 2 tbsp whole oats and 2 tbsp low-fat natural yogurt.
- ☐ Layer in a pot with some blueberries.

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:15.36, Inflammation Score:-6, Nutrition Score:12.030869587608%

Flavonoids

Cyanidin: 14.86mg, Cyanidin: 14.86mg, Cyanidin: 14.86mg, Cyanidin: 14.86mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.06mg, Peonidin: 30.06mg, Peonidin: 30.06mg, Peonidin: 30.06mg Catechin: 9.77mg, Catechin: 9.77mg, Catechin: 9.77mg, Catechin: 9.77mg Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg Epicatechin: 12.14mg, Epicatechin: 12.14mg, Epicatechin: 12.14mg, Epicatechin: 12.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 17.33mg, Quercetin: 17.33mg, Quercetin: 17.33mg, Quercetin: 17.33mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 232.52kcal (11.63%), Fat: 2.14g (3.3%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 52.96g (17.65%), Net Carbohydrates: 44.62g (16.23%), Sugar: 33.17g (36.86%), Cholesterol: 2.4mg (0.8%), Sodium: 31.69mg (1.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.33%), Manganese: 0.99mg (49.33%), Fiber: 8.34g (33.36%), Vitamin K: 32.16µg (30.63%), Vitamin C: 21.53mg (26.1%), Phosphorus: 140.95mg (14.1%), Vitamin B2: 0.2mg (11.98%), Potassium: 410.43mg (11.73%), Vitamin B1: 0.15mg (10.19%), Magnesium: 39.69mg (9.92%), Calcium: 97.26mg (9.73%), Copper: 0.18mg (8.84%), Vitamin B6: 0.17mg (8.48%), Vitamin E: 1.17mg (7.83%), Zinc: 1.09mg (7.26%), Selenium: 4.94µg (7.05%), Vitamin B5: 0.65mg (6.45%), Iron: 1.14mg (6.31%), Folate: 21.59µg (5.4%), Vitamin B3: 0.93mg (4.67%), Vitamin B12: 0.22µg (3.73%), Vitamin A: 180.78IU (3.62%)