



Breakfast Amaranth With Walnuts and Honey



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups amaranth grain
- ☐ 6 servings maple syrup pure chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 cups water

Equipment

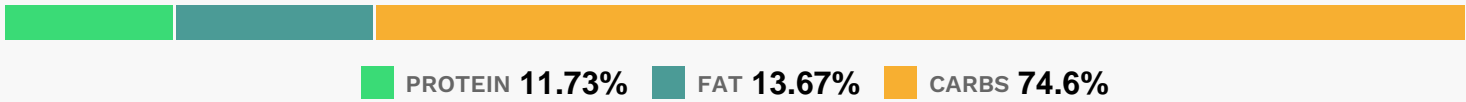
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ whisk
- ☐ pot
- ☐ spatula

Directions

- ☐ In a 3- to 4-quart heavy saucepan combine the amaranth and the water. Cover the pan and bring the mixture to a boil, whisking occasionally. Using a heatproof rubber spatula, push any seeds clinging to the side of the pot into the liquid then reduce the heat to low and continue to simmer, covered, until the liquid is absorbed, 20 to 25 minutes. Stir in salt.
- ☐ Remove the pan from the heat and let it stand, covered, 5 to 10 minutes. Divide amaranth among bowls and top with nuts, honey, and milk.

Nutrition Facts



Properties

Glycemic Index:11.92, Glycemic Load:18.1, Inflammation Score:-6, Nutrition Score:16.319130618854%

Nutrients (% of daily need)

Calories: 292.68kcal (14.63%), Fat: 4.52g (6.95%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 55.45g (18.48%), Net Carbohydrates: 51.14g (18.6%), Sugar: 13.07g (14.52%), Cholesterol: 0mg (0%), Sodium: 206.05mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.45%), Manganese: 2.6mg (130.24%), Magnesium: 165.33mg (41.33%), Phosphorus: 358.34mg (35.83%), Iron: 4.92mg (27.33%), Vitamin B2: 0.38mg (22.51%), Vitamin B6: 0.38mg (19.01%), Copper: 0.36mg (18.16%), Fiber: 4.31g (17.24%), Selenium: 12.03µg (17.19%), Zinc: 2mg (13.35%), Folate: 52.75µg (13.19%), Calcium: 128.94mg (12.89%), Potassium: 371.85mg (10.62%), Vitamin B5: 0.94mg (9.37%), Vitamin B1: 0.09mg (5.86%), Vitamin E: 0.77mg (5.1%), Vitamin C: 2.7mg (3.28%), Vitamin B3: 0.61mg (3.05%)