



Breakfast Apples

 Vegetarian  Vegan  Dairy Free

READY IN



16 min.

SERVINGS



2

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 apples cored chopped
- 2 teaspoons coconut oil
- 0.5 cup rice cereal squares crispy crushed rice chex® (such as)
- 2 teaspoons ground cinnamon
- 0.5 cup strawberries fresh sliced
- 0.3 cup walnuts chopped

Equipment

- bowl

oven

microwave

Directions

Place the apple, rice cereal, cinnamon, and coconut oil into a microwave-safe bowl.

Cook in a microwave oven until the coconut oil has melted, 30 to 45 seconds. Stir to combine.

Serve topped with berries and walnuts, if desired.

Nutrition Facts

PROTEIN 5.42% **FAT 54.31%** **CARBS 40.27%**

Properties

Glycemic Index:59.5, Glycemic Load:4.38, Inflammation Score:-4, Nutrition Score:8.4230435050052%

Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 210.62kcal (10.53%), Fat: 13.83g (21.28%), Saturated Fat: 4.25g (26.56%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 18.06g (6.57%), Sugar: 11.65g (12.94%), Cholesterol: 0mg (0%), Sodium: 2mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Manganese: 1.02mg (50.97%), Vitamin C: 25.62mg (31.05%), Fiber: 5.01g (20.04%), Copper: 0.29mg (14.62%), Magnesium: 34.94mg (8.73%), Folate: 33.01µg (8.25%), Phosphorus: 76.04mg (7.6%), Vitamin B6: 0.14mg (6.8%), Potassium: 230.98mg (6.6%), Vitamin B1: 0.09mg (6.33%), Iron: 0.98mg (5.47%), Calcium: 46.05mg (4.61%), Zinc: 0.63mg (4.18%), Vitamin B2: 0.07mg (3.92%), Vitamin K: 3.84µg (3.66%), Vitamin B3: 0.58mg (2.88%), Vitamin E: 0.43mg (2.84%), Selenium: 1.41µg (2.02%),

Vitamin B5: 0.19mg (1.91%), Vitamin A: 62.28IU (1.25%)