



## 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

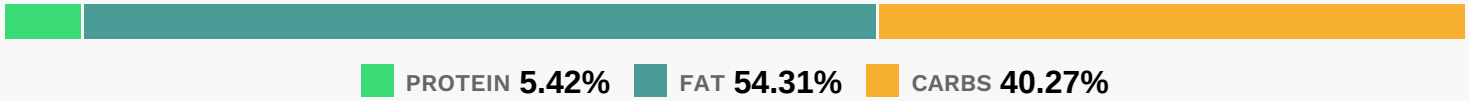
- ☐ bowl

- ☐ 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



## Properties

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

## Flavonoids

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## 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%)