



Breakfast Barley with Banana & Sunflower Seeds



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



419 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 banana sliced
- ☐ 1 teaspoon honey
- ☐ 0.3 cup quick-cooking pearl barley uncooked
- ☐ 1 tablespoon sunflower seeds unsalted
- ☐ 0.7 cup water

Equipment

- ☐ bowl

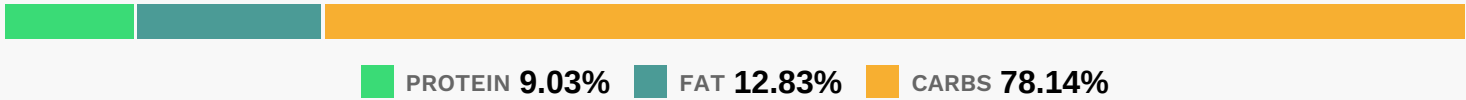
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microwave

Directions

- ☐ Combine water and barley in a small microwave-safe bowl. Microwave at HIGH 6 minutes.
- ☐ Stir and let stand 2 minutes.
- ☐ Top with banana slices, honey, and sunflower seeds.

Nutrition Facts



Properties

Glycemic Index:127.05, Glycemic Load:16.29, Inflammation Score:-6, Nutrition Score:20.136521697044%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 419.37kcal (20.97%), Fat: 6.31g (9.71%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 86.49g (28.83%), Net Carbohydrates: 72.14g (26.23%), Sugar: 20.94g (23.26%), Cholesterol: 0mg (0%), Sodium: 16.25mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.98%), Manganese: 1.4mg (70.03%), Fiber: 14.34g (57.37%), Selenium: 31.67µg (45.24%), Vitamin B6: 0.74mg (37.13%), Magnesium: 118.74mg (29.69%), Copper: 0.58mg (28.99%), Vitamin E: 3.65mg (24.32%), Phosphorus: 239.57mg (23.96%), Vitamin B3: 4.7mg (23.48%), Vitamin B1: 0.31mg (20.79%), Potassium: 677.25mg (19.35%), Folate: 61.77µg (15.44%), Zinc: 2.13mg (14.19%), Iron: 2.53mg (14.04%), Vitamin C: 10.44mg (12.66%), Vitamin B2: 0.2mg (11.78%), Vitamin B5: 0.7mg (7%), Calcium: 38.19mg (3.82%), Vitamin K: 2.06µg (1.96%), Vitamin A: 95.19IU (1.9%)