



Breakfast Bulgur Porridge

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup almonds sliced
- 1 cup bulgur
- 2 oz apricot dried coarsely chopped
- 0.3 cup cherries dried
- 4 cups milk 1% low-fat ()
- 0.3 teaspoon salt

Equipment

- bowl

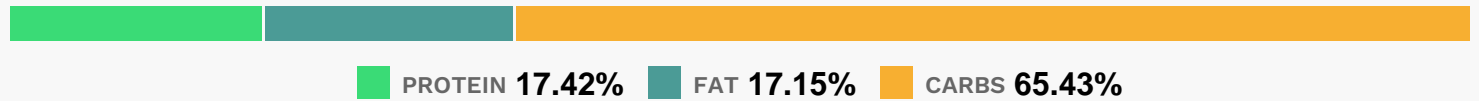
sauce pan

Directions

In a medium saucepan, combine the milk, bulgur, dried cherries, and salt; bring to a boil. Reduce heat to medium and cook, stirring frequently, until the bulgur is tender and the consistency of oatmeal (10–15 minutes).

Divide hot porridge among 4 bowls; top with the apricots and almonds.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:12.16, Inflammation Score:-8, Nutrition Score:19.349999891027%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 331.85kcal (16.59%), Fat: 6.61g (10.16%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 47.35g (17.22%), Sugar: 24.98g (27.76%), Cholesterol: 11.8mg (3.93%), Sodium: 246.44mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.19%), Manganese: 1.28mg (64.14%), Phosphorus: 395.02mg (39.5%), Fiber: 9.35g (37.39%), Calcium: 347.21mg (34.72%), Magnesium: 110.96mg (27.74%), Vitamin B2: 0.47mg (27.56%), Vitamin A: 1335.23IU (26.7%), Vitamin B12: 1.44µg (23.99%), Potassium: 739.39mg (21.13%), Vitamin E: 2.64mg (17.63%), Vitamin D: 2.6µg (17.31%), Vitamin B1: 0.23mg (15.57%), Vitamin B6: 0.29mg (14.6%), Vitamin B3: 2.7mg (13.51%), Vitamin B5: 1.33mg (13.27%), Zinc: 1.99mg (13.23%), Copper: 0.25mg (12.37%), Iron: 1.69mg (9.37%), Selenium: 6.39µg (9.13%), Folate: 18.96µg (4.74%), Vitamin K: 1.34µg (1.28%)