



 **100%**  
HEALTH SCORE

## Breakfast Porridge

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 tablespoon flax seed
- 2 tablespoons oat bran
- 1 prune pitted chopped
- 1 tablespoon raisins
- 0.5 cup water
- 2 tablespoons wheat bran
- 1 tablespoon wheat germ

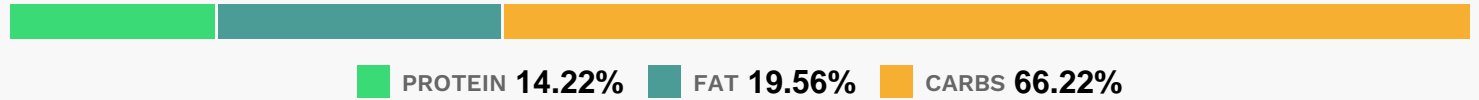
## Equipment

pot

## Directions

- Bring the water with the prune and raisins to a boil in a pot; cook at a boil for 3 minutes. Stir the oat bran, wheat bran, wheat germ, flax seed, and honey into the fruit mixture.
- Remove from heat and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:216.3, Glycemic Load:18.9, Inflammation Score:-8, Nutrition Score:30.251739211704%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 278.23kcal (13.91%), Fat: 8.21g (12.63%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 62.55g (20.85%), Net Carbohydrates: 40.15g (14.6%), Sugar: 4.52g (5.02%), Cholesterol: 0mg (0%), Sodium: 15.75mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.86%), Manganese: 6.12mg (305.78%), Fiber: 22.4g (89.59%), Magnesium: 312.32mg (78.08%), Phosphorus: 644.42mg (64.44%), Selenium: 43.33µg (61.9%), Vitamin B1: 0.79mg (52.67%), Iron: 6.13mg (34.08%), Copper: 0.67mg (33.62%), Vitamin B6: 0.6mg (30.04%), Zinc: 4.26mg (28.42%), Vitamin B3: 5.34mg (26.68%), Potassium: 843.67mg (24.1%), Vitamin B2: 0.33mg (19.13%), Folate: 63.75µg (15.94%), Vitamin B5: 1.36mg (13.58%), Calcium: 78.44mg (7.84%), Vitamin K: 7.89µg (7.51%), Vitamin E: 0.81mg (5.42%), Vitamin A: 80.76IU (1.62%), Vitamin C: 0.93mg (1.13%)