



## Brown Rice Breakfast

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



258 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 tsp cinnamon
- 1 cup brown rice cooked
- 1 dash ground cardamon
- 1 tsp maple syrup pure
- 3 tbsp apple sauce unsweetened

### Equipment

- microwave

## Directions

- Combine applesauce with maple and spices while gently reheating the rice in your microwave.
- Combine warm rice with applesauce mixture until well combined and serve. Nutritional Information
- Amount Per Serving
- Calories
- Fat
- Carbohydrate
- gDietary Fiber4gSugars8gProtein5g

## Nutrition Facts



## Properties

Glycemic Index:98.7, Glycemic Load:23.83, Inflammation Score:-4, Nutrition Score:10.916521658068%

## Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

## Nutrients (% of daily need)

Calories: 258.12kcal (12.91%), Fat: 1.68g (2.58%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 56.24g (18.75%), Net Carbohydrates: 51.86g (18.86%), Sugar: 8.43g (9.37%), Cholesterol: 0mg (0%), Sodium: 3.56mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.27%), Manganese: 2.45mg (122.65%), Magnesium: 89.24mg (22.31%), Fiber: 4.38g (17.51%), Phosphorus: 152.99mg (15.3%), Vitamin B6: 0.3mg (15.2%), Vitamin B1: 0.22mg (14.37%), Vitamin B3: 2.65mg (13.23%), Copper: 0.17mg (8.63%), Zinc: 1.29mg (8.61%), Vitamin B5: 0.79mg (7.85%), Vitamin B2: 0.13mg (7.43%), Iron: 1.21mg (6.74%), Potassium: 207.02mg (5.91%), Calcium: 35.83mg (3.58%), Folate: 9.19µg (2.3%)