



Brown Rice Breakfast Porridge

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



329 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon butter
- 1 dash cinnamon
- 1 cup brown rice cooked
- 2 tablespoons blueberries dried
- 1 eggs
- 1 tablespoon honey
- 1 cup milk 2% low-fat
- 0.3 teaspoon vanilla extract

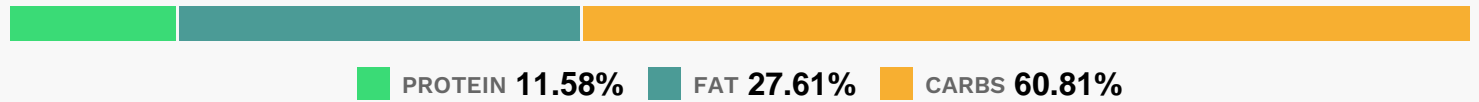
Equipment

- bowl
- sauce pan
- whisk

Directions

- Combine the cooked brown rice, milk, blueberries, cinnamon, and honey in a small saucepan. Bring to a boil, then reduce heat to low and simmer for 20 minutes.
- Beat the egg in a small bowl. Temper the egg by whisking in some of the hot rice, a tablespoon at a time until you have incorporated about 6 tablespoons. Stir the egg into the rice along with the vanilla and butter, and continue cooking over low heat for 1 to 2 minutes to thicken.

Nutrition Facts



Properties

Glycemic Index:79.74, Glycemic Load:15.57, Inflammation Score:-5, Nutrition Score:12.404347861591%

Nutrients (% of daily need)

Calories: 328.68kcal (16.43%), Fat: 10.08g (15.51%), Saturated Fat: 5.12g (32%), Carbohydrates: 49.95g (16.65%), Net Carbohydrates: 46.04g (16.74%), Sugar: 22.51g (25.01%), Cholesterol: 102.79mg (34.26%), Sodium: 127.51mg (5.54%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 9.51g (19.02%), Manganese: 1.18mg (58.81%), Phosphorus: 242.63mg (24.26%), Calcium: 185.63mg (18.56%), Vitamin B2: 0.28mg (16.73%), Fiber: 3.92g (15.67%), Vitamin B12: 0.93µg (15.46%), Magnesium: 60.41mg (15.1%), Selenium: 9.4µg (13.43%), Vitamin B6: 0.26mg (12.86%), Potassium: 417.54mg (11.93%), Vitamin B1: 0.18mg (11.73%), Vitamin B5: 1.16mg (11.62%), Vitamin D: 1.74µg (11.59%), Vitamin A: 526.48IU (10.53%), Zinc: 1.43mg (9.57%), Vitamin B3: 1.47mg (7.36%), Iron: 1.26mg (7%), Copper: 0.1mg (5.09%), Folate: 17.05µg (4.26%), Vitamin E: 0.43mg (2.86%)