



Cardamom Scented Porridge with Poached Prunes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



430 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 cardamom pods
- 2 cinnamon sticks
- 1 pinch kosher salt
- 1.5 tablespoons juice of lemon
- 2 cups milk
- 2 cups oats
- 1 cup port wine

- 12 prune- cut to pieces
- 2 tablespoons sugar
- 3 cups water divided

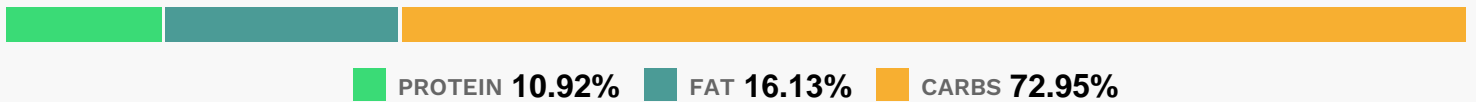
Equipment

- bowl
- frying pan
- sauce pan
- pot
- mortar and pestle

Directions

- Combine prunes, port, 1 cup water, cinnamon sticks, lemon juice, and sugar in a small saucepan and bring to a simmer over medium-high heat. Cook until prunes are plumped and mixture is reduced to a syrupy consistency, about 20 minutes.
- Crack cardamom pods with the bottom of a frying pan or a mortar and pestle. In a large pot bring cardamom pods, remaining 2 cups water, and milk to a simmer over medium heat. When it simmers, add oats and a pinch of salt and cook, stirring occasionally, until oats are soft and most of the liquid has been absorbed.
- Remove cardamom pods, then divide oats between 4 bowls. Top each bowl with 3 prunes and allow each guest to pour over the prune poaching liquid at the table.

Nutrition Facts



Properties

Glycemic Index:46.77, Glycemic Load:20.7, Inflammation Score:-7, Nutrition Score:18.031738996506%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.35mg, Delphinidin: 2.35mg, Delphinidin: 2.35mg, Delphinidin: 2.35mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin:

2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 429.73kcal (21.49%), Fat: 6.85g (10.54%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 69.68g (23.23%), Net Carbohydrates: 61.95g (22.53%), Sugar: 28.54g (31.71%), Cholesterol: 14.64mg (4.88%), Sodium: 74.01mg (3.22%), Alcohol: 9.18g (100%), Alcohol %: 2.61% (100%), Protein: 10.43g (20.86%), Manganese: 2.5mg (125.21%), Phosphorus: 320.67mg (32.07%), Fiber: 7.73g (30.92%), Magnesium: 96.03mg (24.01%), Calcium: 219.76mg (21.98%), Selenium: 14.52µg (20.74%), Vitamin B1: 0.29mg (19.11%), Vitamin K: 19.57µg (18.64%), Potassium: 640.4mg (18.3%), Vitamin B2: 0.3mg (17.89%), Copper: 0.31mg (15.72%), Zinc: 2.35mg (15.68%), Iron: 2.58mg (14.33%), Vitamin B12: 0.66µg (10.98%), Vitamin B5: 1.07mg (10.69%), Vitamin B6: 0.19mg (9.32%), Vitamin D: 1.34µg (8.95%), Vitamin A: 437.44IU (8.75%), Vitamin B3: 1.32mg (6.62%), Folate: 15.4µg (3.85%), Vitamin C: 2.84mg (3.45%), Vitamin E: 0.41mg (2.73%)