



Chia Seed Porridge with Orange & Yogurt



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup blood orange juice (4 fl oz/125ml)
- ☐ 2 blood oranges peeled
- ☐ 4 tsp chia seeds
- ☐ 1 tbsp agave nectar
- ☐ 0.5 cup soybean oil plain (4 oz/125g) (natural)

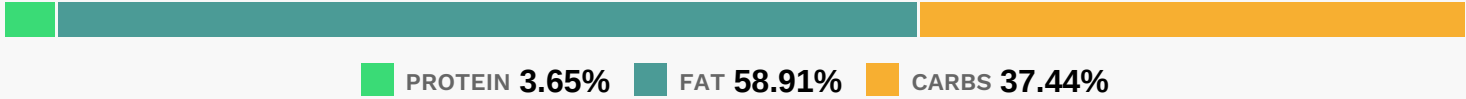
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ Put the chia seeds, blood orange juice and agave syrup into a bowl and mix together.
- ☐ Put the bowl in the refrigerator for at least 30 minutes, or until the chia seeds have absorbed all the liquid.
- ☐ Using a sharp knife, segment the oranges by cutting away the pith and membrane so that only the flesh remains.
- ☐ Divide the chia mixture between 2 bowls, add the blood orange segments and top each portion with half the yogurt.
- ☐ Serve immediately.
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Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:5.01, Inflammation Score:-5, Nutrition Score:7.8586956210758%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 10.95mg, Hesperetin: 10.95mg, Hesperetin: 10.95mg, Hesperetin: 10.95mg Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 201.8kcal (10.09%), Fat: 13.55g (20.84%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 16.16g (5.88%), Sugar: 13.56g (15.07%), Cholesterol: 0mg (0%), Sodium: 2.32mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin C: 39.83mg (48.28%), Vitamin K: 22.47µg (21.4%), Fiber: 3.21g (12.84%), Manganese: 0.23mg (11.51%), Magnesium: 35.03mg (8.76%), Vitamin B1: 0.13mg (8.63%), Phosphorus: 81.26mg (8.13%), Folate: 29.57µg (7.39%), Vitamin E: 1.08mg (7.22%), Selenium: 4.72µg (6.74%),

Calcium: 62.6mg (6.26%), Copper: 0.11mg (5.4%), Vitamin B3: 1.06mg (5.32%), Potassium: 180.51mg (5.16%), Iron: 0.77mg (4.26%), Vitamin B2: 0.05mg (3.22%), Vitamin A: 157.57IU (3.15%), Vitamin B6: 0.06mg (2.86%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.15mg (1.5%)