



Cornflakes, Low-Fat Milk, and Berries

 Vegetarian  Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



380 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup poached berries fresh thawed ()
- ☐ 2 cups cornflakes
- ☐ 1 cup milk 1% low-fat

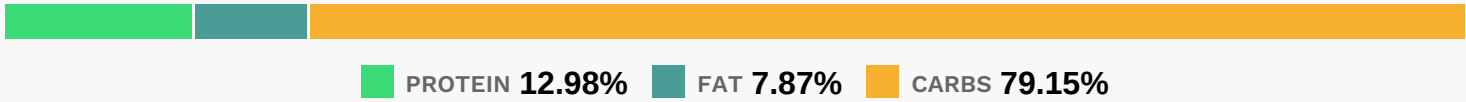
Equipment

- ☐ bowl

Directions

- ☐
- Pour cornflakes into a small bowl, and top with milk and berries.
- ☐
- On-the-Go Alternative: Kashi TLC Chewy Granola Bar and 6 ounces fat-free yogurt.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:32.953043419382%

Flavonoids

Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 380.45kcal (19.02%), Fat: 3.46g (5.32%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 78.25g (26.08%), Net Carbohydrates: 72.22g (26.26%), Sugar: 30.12g (33.47%), Cholesterol: 11.8mg (3.93%), Sodium: 501.83mg (21.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.66%), Iron: 16.46mg (91.46%), Vitamin B2: 1.24mg (72.88%), Vitamin B12: 4.24µg (70.66%), Vitamin B1: 0.93mg (62.3%), Vitamin B6: 1.24mg (61.77%), Vitamin B3: 11.1mg (55.48%), Folate: 215.49µg (53.87%), Phosphorus: 317.25mg (31.73%), Calcium: 312.56mg (31.26%), Vitamin D: 4.61µg (30.75%), Vitamin A: 1534.02IU (30.68%), Vitamin K: 25.66µg (24.43%), Fiber: 6.03g (24.13%), Vitamin C: 15.64mg (18.95%), Manganese: 0.33mg (16.45%), Potassium: 553.02mg (15.8%), Magnesium: 57.91mg (14.48%), Selenium: 9.76µg (13.94%), Vitamin B5: 1.17mg (11.74%), Zinc: 1.68mg (11.22%), Copper: 0.16mg (8.22%), Vitamin E: 0.86mg (5.72%)