



Cracked Emmer and Carrot Porridge

READY IN



30 min.

SERVINGS



6

CALORIES



146 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 large roasted carrots steamed chopped
- ☐ 1 cup cracked emmer wheat (see Note)
- ☐ 0.5 teaspoon cumin seeds crushed
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons parmigiano-reggiano cheese freshly grated
- ☐ 2 tablespoons roasted pumpkin seeds salted
- ☐ 6 servings salt
- ☐ 2 teaspoons sherry vinegar
- ☐ 1.5 cups milk whole

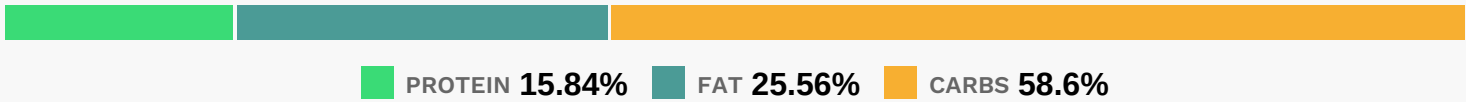
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, cook the cracked emmer over moderate heat, stirring, until it is toasted, about 1 minute.
- ☐ Whisk in the milk and 2 cups of water and cook over low heat, whisking often, until the porridge is thick and the wheat is al dente, about 20 minutes.
- ☐ Meanwhile, quarter the braised carrots and puree them in a food processor.
- ☐ Stir the carrot puree into the porridge along with the sherry vinegar and honey and season with salt. Spoon the porridge into shallow bowls. Top with the roasted pumpkin seeds, grated Parmesan cheese and crushed cumin seeds and serve.

Nutrition Facts



Properties

Glycemic Index:28.18, Glycemic Load:2.36, Inflammation Score:-10, Nutrition Score:8.4939130700153%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 145.78kcal (7.29%), Fat: 4.42g (6.8%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 19.19g (6.98%), Sugar: 5.07g (5.63%), Cholesterol: 8.45mg (2.82%), Sodium: 264.96mg (11.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.33%), Vitamin A: 4123.53IU (82.47%), Phosphorus: 179.78mg (17.98%), Fiber: 3.61g (14.45%), Calcium: 105.39mg (10.54%), Potassium: 278.37mg (7.95%), Iron: 1.15mg (6.42%), Vitamin B2: 0.11mg (6.3%), Manganese: 0.12mg (5.98%), Vitamin B12: 0.35µg (5.82%), Magnesium: 20.81mg

(5.2%), Vitamin D: 0.68µg (4.53%), Vitamin B6: 0.07mg (3.73%), Vitamin B1: 0.05mg (3.52%), Vitamin K: 3.46µg (3.3%), Zinc: 0.49mg (3.28%), Vitamin B5: 0.31mg (3.11%), Selenium: 1.73µg (2.48%), Vitamin B3: 0.39mg (1.94%), Vitamin C: 1.47mg (1.79%), Copper: 0.04mg (1.77%), Folate: 5.67µg (1.42%), Vitamin E: 0.21mg (1.38%)