



Creamy 7-Grain with Goat Cheese, Yogurt, and Fig

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving cereal red hot prepared (Bob's Mill 7 Grain Cereal)
- 1 tablespoon fig preserves
- 2 ounces goat cheese
- 0.5 cup nonfat greek yogurt plain
- 0.5 teaspoon orange rind grated

Equipment

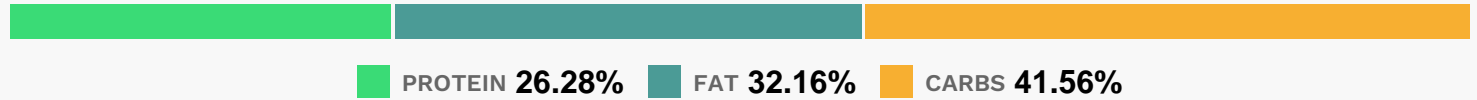
- bowl

blender

Directions

Place yogurt and goat cheese in a bowl; beat with a mixer at high speed for 2 minutes or until light and fluffy. Dollop 2 tablespoons yogurt mixture and fig preserves over prepared cereal. Top with grated orange rind.

Nutrition Facts



Properties

Glycemic Index:127.25, Glycemic Load:18.7, Inflammation Score:-9, Nutrition Score:26.381304362546%

Nutrients (% of daily need)

Calories: 348.98kcal (17.45%), Fat: 12.96g (19.94%), Saturated Fat: 8.49g (53.08%), Carbohydrates: 37.69g (12.56%), Net Carbohydrates: 31.94g (11.61%), Sugar: 16.14g (17.94%), Cholesterol: 31.08mg (10.36%), Sodium: 411.16mg (17.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.67%), Manganese: 1.14mg (57.08%), Vitamin B2: 0.93mg (54.59%), Folate: 215.74µg (53.94%), Iron: 9.62mg (53.47%), Phosphorus: 418.72mg (41.87%), Selenium: 27.53µg (39.33%), Vitamin B12: 2.31µg (38.46%), Vitamin B6: 0.72mg (36.02%), Vitamin B1: 0.46mg (30.34%), Copper: 0.6mg (29.85%), Vitamin B3: 5.48mg (27.39%), Vitamin A: 1343.9IU (26.88%), Fiber: 5.75g (23%), Magnesium: 89.55mg (22.39%), Calcium: 207.99mg (20.8%), Zinc: 2.56mg (17.08%), Vitamin B5: 0.98mg (9.85%), Potassium: 328.54mg (9.39%), Vitamin D: 1.22µg (8.11%), Vitamin C: 2.59mg (3.14%), Vitamin E: 0.36mg (2.42%), Vitamin K: 1.44µg (1.37%)