



## Creamy porridge with spiced apple & cranberry

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 3 eating apples diced cored peeled quartered
- ☐ 200 g cranberry fresh ()
- ☐ 1 tsp spice mixed
- ☐ 5 tbsp granulated sugar
- ☐ 200 g porridge oat
- ☐ 1 l milk whole
- ☐ 1 tsp vanilla extract

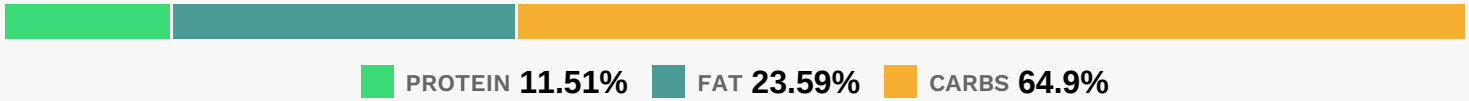
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

# Directions

- ☐ Put the apples in a pan with 100ml water and cook gently until almost softened. Turn up the heat.
- ☐ Add the cranberries, mixed spice and 3 tbsp of the caster or granulated sugar and bubble until saucy. You can make this a day before serving.
- ☐ Tip the oats, milk, vanilla and remaining sugar into a big saucepan. Bring to the boil, stirring constantly, and simmer for 4–5 mins until creamy. Divide between 6 bowls and top with the warm or cold fruit mixture.

# Nutrition Facts



# Properties

Glycemic Index:40.93, Glycemic Load:16.69, Inflammation Score:-5, Nutrition Score:9.719565189403%

# Flavonoids

Cyanidin: 16.91mg, Cyanidin: 16.91mg, Cyanidin: 16.91mg, Cyanidin: 16.91mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.4mg, Peonidin: 16.4mg, Peonidin: 16.4mg, Peonidin: 16.4mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 8.31mg, Epicatechin: 8.31mg, Epicatechin: 8.31mg, Epicatechin: 8.31mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg

# Nutrients (% of daily need)

Calories: 231.11kcal (11.56%), Fat: 6.28g (9.66%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 34.86g (12.68%), Sugar: 29.34g (32.6%), Cholesterol: 20.63mg (6.88%), Sodium: 68.56mg (2.98%), Alcohol: 0.24g (100%), Alcohol %: 0.09% (100%), Protein: 6.89g (13.79%), Calcium: 225mg (22.5%), Phosphorus: 213.39mg (21.34%), Manganese: 0.41mg (20.34%), Vitamin B2: 0.28mg (16.23%), Fiber: 4g (16%), Vitamin B12: 0.93µg (15.47%), Vitamin D: 1.89µg (12.61%), Potassium: 408.65mg (11.68%), Vitamin C: 8.93mg (10.83%), Vitamin B1: 0.14mg (9.44%), Magnesium: 36.71mg (9.18%), Vitamin B5: 0.9mg (8.99%), Vitamin B6: 0.16mg (8.22%), Zinc: 1.11mg (7.43%), Selenium: 5.19µg (7.41%), Vitamin A: 348.47IU (6.97%), Vitamin E: 0.72mg (4.82%), Vitamin K: 4.38µg (4.17%), Copper: 0.07mg (3.62%), Iron: 0.56mg (3.1%), Vitamin B3: 0.38mg (1.91%), Folate: 5.14µg (1.29%)