



HEALTH SCORE

65%

Creamy Wheat Cereal



Vegetarian



Very Healthy

READY IN



21 min.

SERVINGS



4

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 cinnamon sticks
- ☐ 0.3 cup apricots dried chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups milk 1% low-fat
- ☐ 0.8 cup quick-cooking creamy wheat cereal uncooked

Equipment

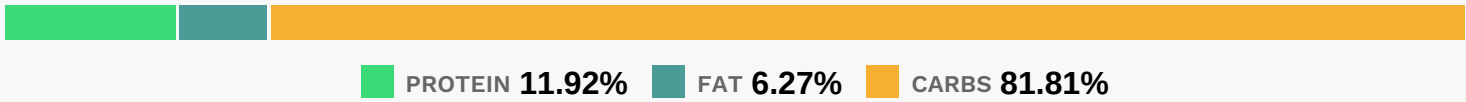
- ☐ bowl

- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Place apricots in a small bowl with hot water to cover, and let stand 5 minutes or until plump.
- ☐ Drain.
- ☐ Cook milk, next 4 ingredients, and 2 cups water in a heavy nonaluminum saucepan over medium heat, stirring often, 5 to 6 minutes or just until bubbles appear (do not boil).
- ☐ Remove from heat; remove cinnamon stick and cloves with a slotted spoon, and discard.
- ☐ Stir in creamy wheat cereal. Cook over low heat, stirring often, 5 minutes or until done. Top with apricots, and serve immediately.
- ☐ Note: For testing purposes only, we used Original (2 1/2-minute) Cream of Wheat.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:1.51, Inflammation Score:-9, Nutrition Score:26.647826053526%

Nutrients (% of daily need)

Calories: 274.66kcal (13.73%), Fat: 2.11g (3.24%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 61.86g (20.62%), Net Carbohydrates: 55.37g (20.14%), Sugar: 28.25g (31.39%), Cholesterol: 5.9mg (1.97%), Sodium: 450.9mg (19.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.03%), Vitamin D: 39.04µg (260.26%), Folate: 380.86µg (95.21%), Iron: 13.94mg (77.46%), Zinc: 5.51mg (36.71%), Vitamin B12: 2.14µg (35.59%), Vitamin B2: 0.57mg (33.68%), Vitamin B1: 0.42mg (28.17%), Vitamin B6: 0.56mg (28.03%), Phosphorus: 269.69mg (26.97%), Calcium: 263.39mg (26.34%), Fiber: 6.49g (25.94%), Vitamin B3: 5.08mg (25.42%), Vitamin A: 997.17IU (19.94%), Magnesium: 56.01mg (14%), Potassium: 462.52mg (13.21%), Vitamin C: 5.76mg (6.98%), Manganese: 0.11mg (5.41%), Vitamin B5: 0.49mg (4.88%), Selenium: 2.84µg (4.05%), Vitamin E: 0.39mg (2.57%), Copper: 0.04mg (1.86%)