



## Creamy Wheat with Pear and Ginger

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



169 kcal

SIDE DISH

### Ingredients

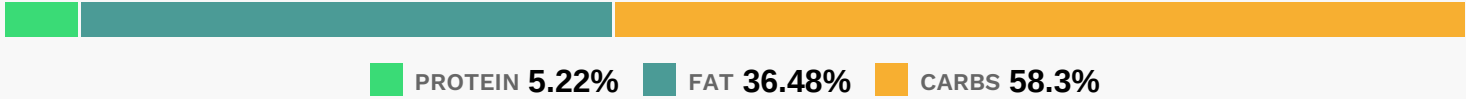
- ☐ 1.5 teaspoons brown sugar
- ☐ 1 Dash cinnamon
- ☐ 1 packet cream of wheat healthy grain
- ☐ 1 gingersnap crushed
- ☐ 0.5 cup pears fresh sliced
- ☐ 1 tablespoon walnuts toasted chopped

### Equipment

# Directions

☐ Toss sliced pear with brown sugar and a dash of cinnamon. Prepare Cream of Wheat Healthy Grain according to package directions. Top with pear mixture, walnuts, and crushed gingersnap.

## Nutrition Facts



## Properties

Glycemic Index:61.75, Glycemic Load:3.73, Inflammation Score:-2, Nutrition Score:5.6465217497038%

## Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 169.27kcal (8.46%), Fat: 7.35g (11.3%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 22.52g (8.19%), Sugar: 15.35g (17.06%), Cholesterol: 0mg (0%), Sodium: 42.88mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Manganese: 0.68mg (34.02%), Fiber: 3.89g (15.57%), Copper: 0.25mg (12.73%), Iron: 1.34mg (7.46%), Magnesium: 26.45mg (6.61%), Folate: 22.85µg (5.71%), Phosphorus: 53.47mg (5.35%), Potassium: 175.52mg (5.01%), Vitamin B6: 0.09mg (4.63%), Vitamin B1: 0.07mg (4.54%), Calcium: 44.54mg (4.45%), Vitamin C: 3.63mg (4.4%), Vitamin K: 4.3µg (4.09%), Vitamin B2: 0.06mg (3.68%), Vitamin B3: 0.63mg (3.13%), Zinc: 0.46mg (3.08%), Selenium: 1.23µg (1.76%), Vitamin E: 0.26mg (1.74%), Vitamin B5: 0.14mg (1.41%)