



Creamy yogurt porridge



Vegetarian



Gluten Free

READY IN



4 min.

SERVINGS



1

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 25 g oatmeal
- ☐ 150 g yogurt 0%
- ☐ 1 serving yogurt
- ☐ 1 ml yogurt
- ☐ 1 serving frangelico
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Equipment

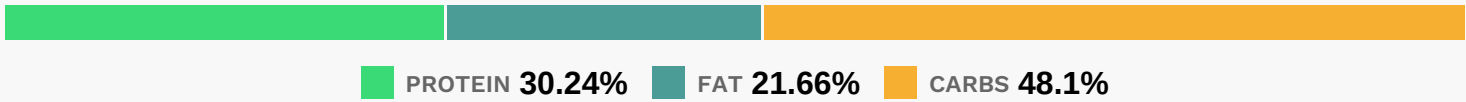
- ☐ frying pan

☐ microwave

Directions

- ☐ Tip 200ml water into a small non-stick pan and stir in porridge oats.
- ☐ Cook over a low heat until bubbling and thickened. (To make in a microwave, use a deep container to prevent spillage as the mixture will rise up as it cooks, and cook for 3 mins on High.)
- ☐ Stir in yogurt or swirl in half and top with the rest.
- ☐ Serve plain or with one of our toppings (see 'goes well with').

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:1.57, Inflammation Score:-2, Nutrition Score:7.2039130852436%

Nutrients (% of daily need)

Calories: 113.44kcal (5.67%), Fat: 2.74g (4.21%), Saturated Fat: 1.6g (10%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 13.26g (4.82%), Sugar: 10.75g (11.95%), Cholesterol: 9.15mg (3.05%), Sodium: 107.26mg (4.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.21%), Calcium: 280.02mg (28%), Phosphorus: 237.83mg (23.78%), Vitamin B2: 0.33mg (19.34%), Vitamin B12: 0.85µg (14.17%), Zinc: 1.6mg (10.67%), Potassium: 372.69mg (10.65%), Vitamin B5: 0.97mg (9.75%), Selenium: 6.36µg (9.08%), Magnesium: 32.57mg (8.14%), Manganese: 0.15mg (7.55%), Vitamin B1: 0.09mg (5.72%), Folate: 18.19µg (4.55%), Vitamin B6: 0.08mg (3.78%), Iron: 0.35mg (1.92%), Copper: 0.04mg (1.91%), Fiber: 0.43g (1.7%), Vitamin A: 77.56IU (1.55%), Vitamin C: 1.21mg (1.47%), Vitamin B3: 0.23mg (1.15%)