



WHATSheATE



Creamy yogurt porridge with apple & raisin compote



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 apples peeled sliced
- ☐ 25 g raisins
- ☐ 150 ml orange juice
- ☐ 1 small handful sunflower seeds
- ☐ 50 g oatmeal
- ☐ 300 g yogurt plain 0%

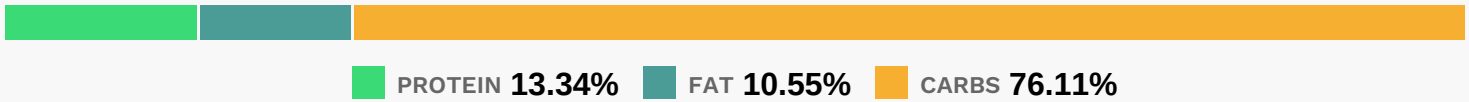
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ For the apple topping: Poach apples in a covered pan with raisins and orange juice for 8–10 mins until the apple is tender. Mash a little of the apple to thicken the juice. Can be made ahead and chilled for up to 1 week.
- ☐ Serve warm or cold on the porridge with sunflower seeds.
- ☐ For the porridge: Tip 400ml 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.

Nutrition Facts



Properties

Glycemic Index:111.65, Glycemic Load:17.65, Inflammation Score:-6, Nutrition Score:14.569130565809%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 9.39mg, Hesperetin: 9.39mg, Hesperetin: 9.39mg, Hesperetin: 9.39mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

Nutrients (% of daily need)

Calories: 282.19kcal (14.11%), Fat: 3.5g (5.38%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 56.76g (18.92%), Net Carbohydrates: 50.92g (18.52%), Sugar: 36.17g (40.19%), Cholesterol: 9mg (3%), Sodium: 112.15mg (4.88%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Vitamin C: 49.56mg (60.08%), Calcium: 300.21mg (30.02%), Phosphorus: 281.31mg (28.13%), Vitamin B2: 0.42mg (24.73%), Potassium: 826.83mg (23.62%), Fiber: 5.84g (23.37%), Vitamin B12: 0.84µg (14%), Vitamin B1: 0.21mg (13.87%), Magnesium: 55.37mg (13.84%), Manganese: 0.27mg (13.44%), Vitamin B5: 1.24mg (12.36%), Folate: 48.56µg (12.14%), Zinc: 1.74mg (11.63%), Vitamin B6: 0.21mg (10.55%), Selenium: 6.72µg (9.6%), Copper: 0.17mg (8.42%), Vitamin A: 332.27IU (6.65%), Iron: 1.07mg (5.95%), Vitamin B3: 0.89mg (4.44%), Vitamin K: 4.46µg (4.25%), Vitamin E: 0.6mg (4%)