



Creamy yogurt porridge with apricot, ginger & grapefruit topping



Vegetarian



Gluten Free

READY IN



14 min.

SERVINGS



3

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 300 g fruit cocktail in juice canned
- ☐ 1 tsp ginger finely grated
- ☐ 2 grapefruit
- ☐ 75 g oatmeal
- ☐ 550 g yogurt plain 0%

Equipment

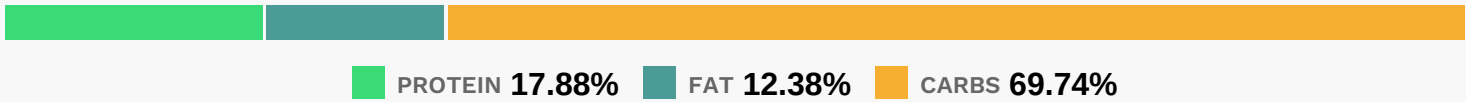
- ☐ bowl

- ☐ frying pan
- ☐ microwave
- ☐ immersion blender

Directions

- ☐ For the topping: Tip the apricots and juice into a bowl, add ginger. Blitz half the mixture to a pure with a hand blender. Stir in the grapefruit and juice. Can be made ahead and chilled for up to 1 week.
- ☐ For the porridge: 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. Top with the apricot mix.

Nutrition Facts



Properties

Glycemic Index:47.08, Glycemic Load:9.98, Inflammation Score:-9, Nutrition Score:16.40260848403%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 55.71mg, Naringenin: 55.71mg, Naringenin: 55.71mg, Naringenin: 55.71mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 251.46kcal (12.57%), Fat: 3.6g (5.53%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 45.59g (15.2%), Net Carbohydrates: 42.22g (15.35%), Sugar: 34.36g (38.18%), Cholesterol: 11mg (3.67%), Sodium: 133.42mg (5.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.37%), Vitamin C: 55.65mg (67.45%), Vitamin A: 2057.17IU (41.14%), Calcium: 383.4mg (38.34%), Phosphorus: 321.2mg (32.12%), Vitamin B2: 0.47mg (27.44%), Potassium: 780.67mg (22.3%), Vitamin B12: 1.03µg (17.11%), Vitamin B5: 1.66mg (16.59%), Magnesium: 58.56mg (14.64%), Zinc: 2.02mg (13.49%), Fiber: 3.37g (13.48%), Manganese: 0.27mg (13.27%), Vitamin B1: 0.19mg (12.95%), Folate: 43.93µg (10.98%), Selenium: 7.68µg (10.96%), Vitamin B6: 0.2mg (10.03%), Copper: 0.11mg (5.52%), Iron:

0.63mg (3.51%), Vitamin B3: 0.69mg (3.46%), Vitamin E: 0.31mg (2.06%)