



Creamy yogurt porridge with banana, blueberry & almond topping



Vegetarian



Gluten Free

READY IN



8 min.

SERVINGS



1

CALORIES



424 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 25 g oatmeal
- ☐ 150 g yogurt plain 0%
- ☐ 1 small banana chopped
- ☐ 85 g blueberries frozen generous thawed
- ☐ 1 small handful almonds flaked toasted

Equipment

- ☐ frying pan

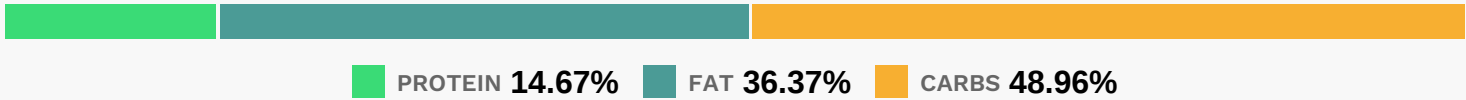
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microwave

Directions

- ☐ 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.
- ☐ For the topping: Stir banana into the porridge, then top with blueberries or raspberries and flaked almonds for added protein.

Nutrition Facts



Properties

Glycemic Index:165.28, Glycemic Load:17.12, Inflammation Score:-8, Nutrition Score:24.059565088023%

Flavonoids

Cyanidin: 7.93mg, Cyanidin: 7.93mg, Cyanidin: 7.93mg, Cyanidin: 7.93mg Petunidin: 26.8mg, Petunidin: 26.8mg, Petunidin: 26.8mg, Petunidin: 26.8mg Delphinidin: 30.12mg, Delphinidin: 30.12mg, Delphinidin: 30.12mg, Delphinidin: 30.12mg Malvidin: 57.45mg, Malvidin: 57.45mg, Malvidin: 57.45mg, Malvidin: 57.45mg Peonidin: 17.25mg, Peonidin: 17.25mg, Peonidin: 17.25mg, Peonidin: 17.25mg Catechin: 11.04mg, Catechin: 11.04mg, Catechin: 11.04mg, Catechin: 11.04mg Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 424.29kcal (21.21%), Fat: 18.29g (28.14%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 55.39g (18.46%), Net Carbohydrates: 46.55g (16.93%), Sugar: 32.72g (36.36%), Cholesterol: 9mg (3%), Sodium: 108.16mg (4.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.6g (33.2%), Manganese: 1.39mg (69.74%), Vitamin E: 8.33mg (55.54%), Vitamin B2: 0.78mg (45.62%), Phosphorus: 411.97mg (41.2%), Calcium: 367.6mg (36.76%), Magnesium: 145.62mg (36.4%), Fiber: 8.84g (35.36%), Potassium: 1015.43mg (29.01%), Vitamin B6: 0.53mg (26.54%), Copper: 0.47mg (23.71%), Vitamin C: 18.23mg (22.1%), Zinc: 2.81mg (18.72%), Vitamin K: 17.28µg (16.46%), Vitamin B5: 1.55mg

(15.48%), Folate: 56.5µg (14.13%), Vitamin B12: 0.84µg (14%), Vitamin B1: 0.21mg (13.95%), Selenium: 8.63µg (12.32%),
Vitamin B3: 2.34mg (11.7%), Iron: 1.96mg (10.88%), Vitamin A: 187.34IU (3.75%)