



Creamy yogurt porridge with pear, walnut & cinnamon topping



Vegetarian



Gluten Free

READY IN



9 min.

SERVINGS



1

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 25 g porridge oat
- ☐ 150 g fat probiotic yogurt plain 0%
- ☐ 1 pears ripe sliced (keep the skin on)
- ☐ 4 broken walnut halves
- ☐ 2 pinches couple of cinnamon

Equipment

- ☐ frying pan

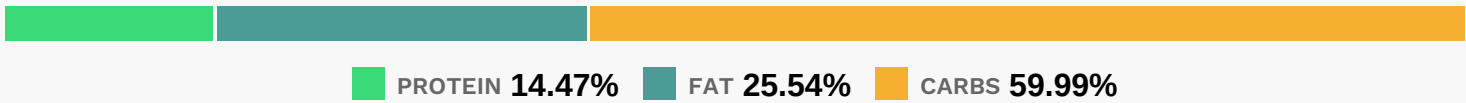
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microwave

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.
- ☐ Add pear and walnut halves to the finished porridge, then sprinkle on cinnamon.

Nutrition Facts



Properties

Glycemic Index:122.25, Glycemic Load:9.61, Inflammation Score:-4, Nutrition Score:13.653043404869%

Flavonoids

Cyanidin: 3.88mg, Cyanidin: 3.88mg, Cyanidin: 3.88mg, Cyanidin: 3.88mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 270.97kcal (13.55%), Fat: 8.19g (12.61%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 35.78g (13.01%), Sugar: 28.23g (31.37%), Cholesterol: 9mg (3%), Sodium: 108.14mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.89%), Manganese: 0.86mg (42.94%), Calcium: 320.65mg (32.06%), Fiber: 7.54g (30.16%), Phosphorus: 285.57mg (28.56%), Vitamin B2: 0.38mg (22.59%), Potassium: 618.88mg (17.68%), Copper: 0.32mg (15.9%), Magnesium: 58.55mg (14.64%), Vitamin B12: 0.84µg (14%), Zinc: 2.05mg (13.65%), Vitamin B5: 1.1mg (11.04%), Vitamin C: 9.03mg (10.95%), Selenium: 6.93µg (9.9%), Folate: 38.42µg (9.6%), Vitamin B1: 0.13mg (8.94%), Vitamin K: 9.05µg (8.62%), Vitamin B6: 0.17mg (8.62%), Iron: 1.06mg (5.91%), Vitamin B3: 0.63mg (3.15%), Vitamin A: 128.5IU (2.57%), Vitamin E: 0.38mg (2.54%)