



Five-Grain Cereal with Apricots, Apples, and Bananas



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



259 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup apples dried coarsely chopped
- ☐ 0.7 cup banana chips dried
- ☐ 0.5 cup cracked wheat
- ☐ 0.7 cup apricots dried coarsely chopped
- ☐ 0.3 cup flaxseeds
- ☐ 0.5 cup regular grits uncooked
- ☐ 0.5 cup oat bran

- ☐ 0.8 teaspoon salt
- ☐ 1.3 cups steel-cut oats (Irish)
- ☐ 13.5 cups water
- ☐ 0.3 cup wheat bran

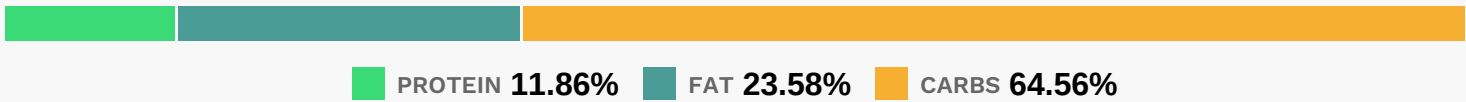
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place flaxseed in a spice or coffee grinder; process until coarsely ground.
- ☐ Combine flaxseed, oats, and remaining ingredients except water in a large bowl, stirring well to combine.
- ☐ Bring water to a boil in a large saucepan.
- ☐ Add cereal; cover, reduce heat, and simmer 15 minutes, stirring occasionally. Uncover and cook 2 minutes or until thick, stirring constantly.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:11.16, Inflammation Score:-5, Nutrition Score:9.422173914702%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 259.15kcal (12.96%), Fat: 7.4g (11.39%), Saturated Fat: 2.4g (14.97%), Carbohydrates: 45.58g (15.19%), Net Carbohydrates: 37.01g (13.46%), Sugar: 8.59g (9.54%), Cholesterol: 0mg (0%), Sodium: 215.23mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.76%), Manganese: 0.91mg (45.53%), Fiber: 8.58g (34.3%), Magnesium: 67.41mg (16.85%), Phosphorus: 154.16mg (15.42%), Iron: 2.57mg (14.27%), Vitamin B1: 0.21mg (14.06%), Copper: 0.24mg (11.8%), Selenium: 8.04µg (11.49%), Potassium: 311.32mg (8.89%), Vitamin A: 376.02IU (7.52%), Vitamin B6: 0.12mg (5.75%), Zinc: 0.79mg (5.29%), Calcium: 50.34mg (5.03%), Vitamin B3: 0.95mg (4.76%), Vitamin E: 0.57mg (3.78%), Vitamin B5: 0.34mg (3.44%), Folate: 13.13µg (3.28%), Vitamin B2: 0.05mg (3.01%), Vitamin C: 0.96mg (1.16%), Vitamin K: 1.13µg (1.08%)