



 **59%**
HEALTH SCORE

Fruity Muesli

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



485 min.

SERVINGS



2

CALORIES



298 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup rolled oats
- 1 cup soymilk
- 2 tablespoons cranberries dried sweetened
- 0.5 medium banana chopped
- 1 tablespoon ground flaxseed

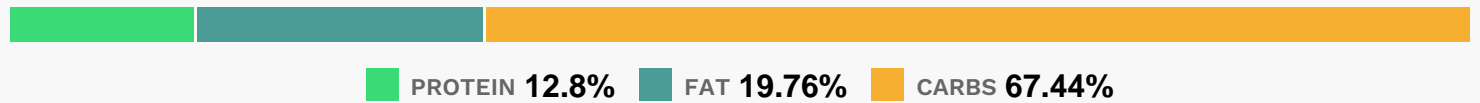
Equipment

- bowl

Directions

- Place oats in medium bowl.
- Pour 1/2 cup of the soymilk over oats. Cover; refrigerate at least 8 hours but no longer than 12 hours.
- Just before serving, stir in raisins and banana. Spoon into individual serving bowls; sprinkle with flaxseed.
- Serve with remaining soymilk to be poured over muesli.

Nutrition Facts



Properties

Glycemic Index:80.1, Glycemic Load:13.83, Inflammation Score:-6, Nutrition Score:19.169999858607%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 297.89kcal (14.89%), Fat: 6.73g (10.35%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 51.67g (17.22%), Net Carbohydrates: 44.59g (16.21%), Sugar: 17.93g (19.92%), Cholesterol: 0mg (0%), Sodium: 63.53mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.62%), Manganese: 1.68mg (83.89%), Fiber: 7.08g (28.34%), Vitamin B3: 4.72mg (23.62%), Vitamin E: 3.5mg (23.33%), Selenium: 15.7µg (22.43%), Vitamin B6: 0.45mg (22.3%), Vitamin B1: 0.33mg (21.88%), Vitamin B12: 1.27µg (21.24%), Calcium: 198.03mg (19.8%), Phosphorus: 196.38mg (19.64%), Magnesium: 78.23mg (19.56%), Vitamin B2: 0.33mg (19.35%), Copper: 0.38mg (18.94%), Folate: 59.68µg (14.92%), Iron: 2.64mg (14.65%), Vitamin C: 11.11mg (13.47%), Zinc: 1.97mg (13.13%), Potassium: 454.55mg (12.99%), Vitamin A: 482.62IU (9.65%), Vitamin D: 1.42µg (9.44%), Vitamin B5: 0.62mg (6.2%), Vitamin K: 2.25µg (2.14%)