



Fruity Muesli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



485 min.

SERVINGS



2

CALORIES



544 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

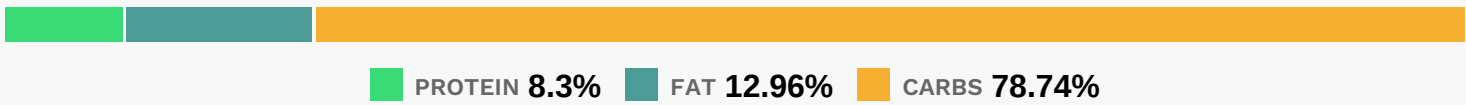
Equipment

- ☐ 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:63.39, Glycemic Load:12.62, Inflammation Score:-5, Nutrition Score:13.351739142252%

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: 544.31kcal (27.22%), Fat: 4.44g (6.84%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 60.76g (20.25%), Net Carbohydrates: 54.15g (19.69%), Sugar: 28.1g (31.22%), Cholesterol: 0mg (0%), Sodium: 13.89mg (0.6%), Alcohol: 35.78g (100%), Alcohol %: 23.55% (100%), Protein: 6.4g (12.8%), Manganese: 1.92mg (95.85%), Fiber: 6.61g (26.45%), Magnesium: 90.71mg (22.68%), Phosphorus: 202.62mg (20.26%), Selenium: 12.99µg (18.56%), Vitamin B1: 0.27mg (17.76%), Copper: 0.31mg (15.43%), Potassium: 442.09mg (12.63%), Iron: 2.18mg (12.13%), Zinc: 1.8mg (12.01%), Vitamin B2: 0.19mg (11.35%), Vitamin B6: 0.2mg (9.91%), Vitamin B5: 0.66mg (6.56%), Vitamin B3: 1.28mg (6.41%), Folate: 21.92µg (5.48%), Calcium: 44.27mg (4.43%), Vitamin E: 0.53mg (3.5%), Vitamin C: 2.62mg (3.17%), Vitamin K: 2.25µg (2.14%)